

The bridge
over the
Androscoggin
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The Bethel Citizen

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Thursday, September 10, 2015

90¢ a Copy

Serving Bethel and neighboring communities in the mountains of western Maine

Telstar junior spreads her wings in Korea

BY ALISON ALOISIO

A month ago, 16-year-old Sierra Ryerson of Greenwood had never been on an airplane.

But after flying 6,000 miles by herself this month to South Korea for a summer camp experience, she said, "I could go anywhere now."

The Telstar junior has always dreamed of traveling abroad, she said, but those visions were generally focused on Europe, not Asia.

Then she heard from her cousin, who lives in South Korea. He told her about a summer camp that mixes Korean and American youngsters, ages 10 to 18, for a two-week cultural and language learning experience at Jungwan University. He encouraged her to apply to the Camp Fulbright Junior Internship Program.

The camp is under the umbrella of the Fulbright Program, created in 1946 under legislation sponsored by Sen. J. William Fulbright. It promotes international understanding and partnership through a variety of programs and educational opportunities, including exchange programs, according to the website.

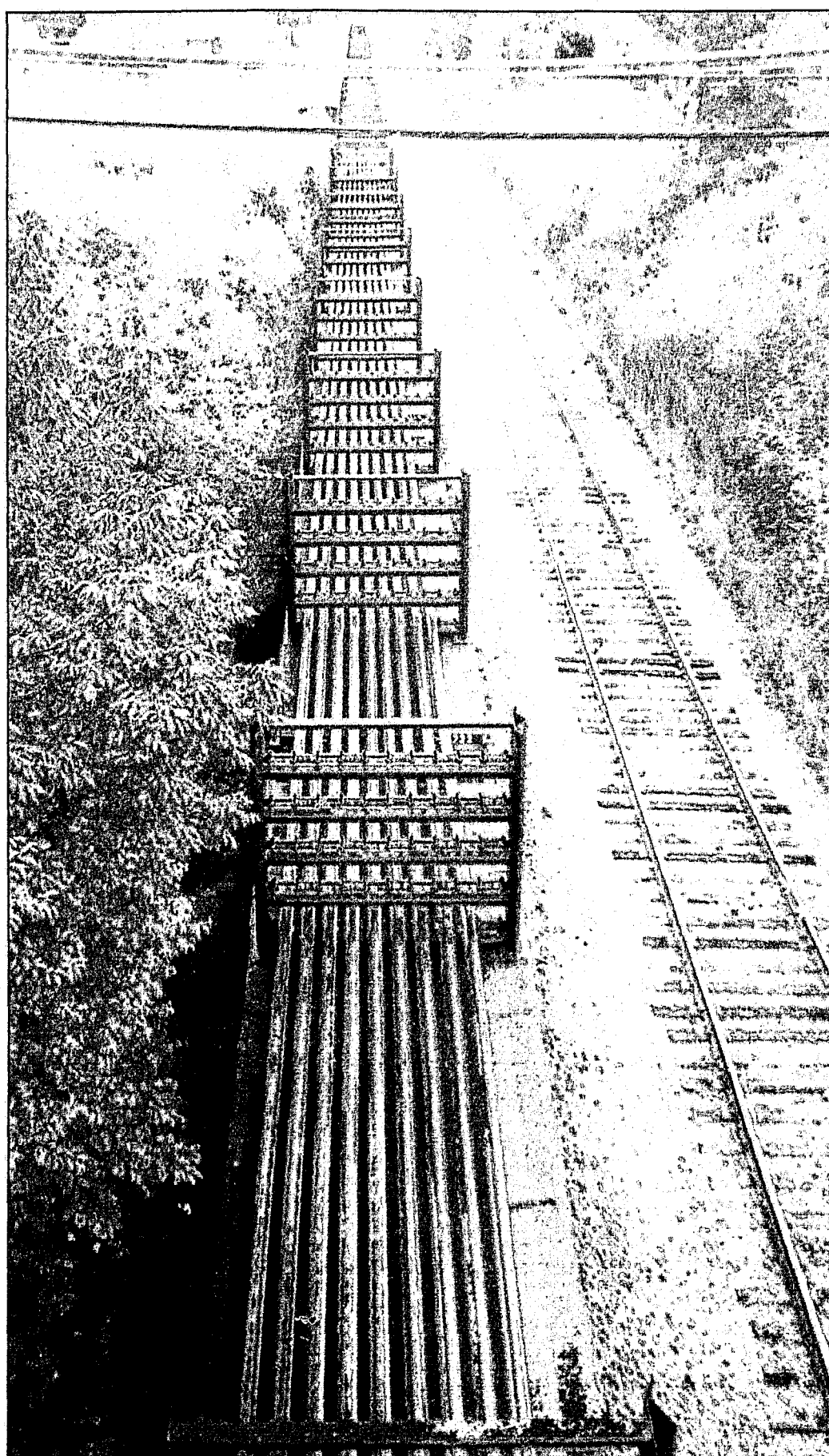
Sierra applied and was accepted, though she had some serious misgivings as the time to leave approached: "I was scared," she said.

But she got on the plane, and after a 13-hour flight landed in a country where she couldn't read signs or speak the language.

After the initial jitters, Sierra joined in with the camp activities.

"The Korean kids went to English classes for three hours a day," she said. "They were not allowed to speak Korean. We [the Americans]

See Korea, Page 4



RAILS RIDING THE RAILS-Train rails sitting on cars on a siding in Bethel this weekend attracted the attention of residents and tourists alike. The rails extended through the series of cars, beginning behind an engine near the Bethel Area Chamber of Commerce building (in the far background here) and reaching under and west of the Route 2 overpass, from which this photo was taken. A request to the St. Lawrence & Atlantic Railroad for information on the length of the rails and their planned placement did not get a response by press time.

A. Aloisio

Randonneuring in France "a pivotal experience" for two Bethel cyclists

BY AMY WIGHT CHAPMAN

"You were part of a stream of energy, all flowing in one direction," said Christine Trefethen, describing the 2015 Paris-Brest-Paris Randonneur, or PBP, in which nearly 6,000 bicyclists set out to ride more than 1,200 kilometers (768 miles) in less than four days.

Speaking a week after her return from France, where she and fellow Bethel cyclist Jim Reuter successfully com-

pleted the ride within the allotted 90 hours between Aug. 16 and 20, Trefethen said, "It was a pivotal life experience that was shared with people from all over the world."

The PBP, first held in 1891, is one of the world's oldest cycling events. Originally held just once a decade, since 1971 it has been run every four years.

In order to qualify, cyclists must complete a series of officially sanctioned rides of graduated lengths, ranging from 200 to 1,200 kilometers, called brevets, held in the same year as the culminating event.

Celebrating a milestone Trefethen, a former runner who gave up that sport to save her knees, said she

started riding her bike a lot several years ago and met Reuter when both were doing group rides in the Bethel area.

She had done 100-mile tours, called century rides, but after hearing Reuter's stories about randonneuring—completing rides of 200 kilometers (124 miles) and up within specified time limits, she said, "I became curious about doing longer rides."

She completed her first 200-kilometer brevet in 2010, and first learned about the PBP around the same time.

With her 50th birthday approaching in 2015, Trefethen was thinking about something special she could do to celebrate that milestone.

After hearing about the PBP, she said, "I had it in the back of my mind that it might be my 50th-year event," and over the next five years she began completing incrementally longer events.

"With distance, it takes a long time to get your body to be able to sit that long in a saddle," Trefethen said.

In sync Almost as soon as they began biking together, Reuter and Trefethen discovered that they were well matched for long-distance rides. "It can be really hard to ride with another person. The longer the ride gets, the more in sync you need to be," Trefethen said.

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Local waters feeling the pressure of use

BY ALISON ALOISIO

Are the water resources of the Newry/Grafton area being loved too much lately? Some local residents believe that is the case, and that support resources - parking, bathrooms, safety provisions and education - are not keeping up with the demand.

The Mahoosuc Land Trust has stewardship of several preserves/lands in the Bethel region, including the 24-acre Step Falls on Route 26 in Newry, and also partners with the state on the 386-acre Frenchman's Hole property in Riley Township, on the outer Sunday River Road. Both are popular swimming areas.

Newry Town Administrator Loretta Powers said her office has heard complaints about parking issues and

trash (primarily diapers) at Step Falls, and about a general increase in use and car traffic around Frenchman's Hole and the nearby Letter S swimming hole.

She said that this past weekend she observed cars parked along Route 26 at Step Falls, as well as near the Screw Auger Falls and the Appalachian Trail parking lots in Grafton, and near Umbagog Lake in Upton. The parking lots had filled up and the parking overflowed on to the state road.

Parking at Step Falls After MLT acquired the Step Falls land several years ago, gravel was brought into the existing parking lot to fill in mud holes, and a fence was put up along abutting land next to the lot, according to

See Waters, Page 3

Hiker attitudes change, with mixed results

BY ALISON ALOISIO

Twenty years ago the growing popularity of cell phones began to extend to hiking trails, and emergency personnel became concerned that people were setting out for the wilderness unprepared, relying on their phone if they got into trouble.

That concern continues into today but along with it has come, according to some longtime hikers, a broader change in the philosophy of some younger hikers on how they approach hiking.

A recent Associated Press article (see Page 4) highlights those changes, some of which are causing problems on the Appalachian Trail in Maine and specifically in Baxter State Park, raising the potential for ending the AT in a different location.

Bob Baribeau of Bethel, a member of the Mahoosuc Mountains Rescue Team, has been a hiker for decades and has seen - and rescued - a wide spectrum of recreationists during that time. The changes over time have been apparent on the AT in Maine, he said.

"There has been a shift in the outlook toward the wilderness," he said. In the past, said Baribeau, many hikers sought time in the woods for solitude and to get closer to nature. Today, he said, "It's morphed into more of a social scene, a hike with a group."

The social scene on the trails has also moved to social media, he said, as some hikers take frequent "selfies" with

See Hiker, Page 4

Age-Friendly Community Project launched in Bethel

BY AMY WIGHT CHAPMAN

What makes a community age-friendly? How can the needs of seniors living in rural communities be addressed to allow them to "age in place"? What benefits does the Bethel area already offer to seniors, and what is missing?

Bethel's Age-Friendly Community Project was initiated this summer, inspired by the work of public health researcher Atul Gawande and a growing national movement to support the concept of aging in place.

Launched by a team of volunteers who are exploring ways to make Bethel more supportive of healthy aging and to make it possible for people to stay in their own homes as they age, the AFPC is reaching out to the community for input.

Two public gatherings for

community members are scheduled for Wednesday, Oct. 14 at 7 p.m. and Thursday, Oct. 15 at 1:30 p.m. at the Bethel Alliance Church.

Besides providing an opportunity for discussion, the AFPC planning team will introduce a survey, to be distributed throughout the

See Age, Page 2



Adult Basketball

Who? Bethel Recreation Department
Where? Telstar High School
When? Sunday evenings from 5:30-7:30 p.m.
Coordinators: Michael Pelletier & Ryan Kimball
Contact: 207-416-6400
Sign up at the Bethel Town Office
Cost: \$25 per resident \$35 per non resident
Must be 18 years or older

Happy Hour - \$2 drafts & 1/2 price appetizers Every day from 4pm - 6pm

The Millbrook Tavern & Grille
Comfortable Tavern, Terrace & Outside Patio
Open at 11:30am for lunch, dinner & late for cocktails
Pool table, game room & darts

"A Can't Miss" - Fine Dining
Join us for Fine Dining in our Terrace with our new summer menu. Plus, a hearty country breakfast served daily in our Main Dining Room.

\$5 Deals
Tuesday:
It's \$5 Pizza Night!
Wednesday:
Tavern Burgers, just \$5!
*Dine in only
No visit to Bethel is complete without a stop at our historic resort!

Mexican Night
Every Thursday night
in the Tavern
Authentic Mexican, over
30 entrees and the best
margaritas in Bethel.

Live Music
8pm to late night
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Brad Hooper
Saturday:
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Letters

BIKEMAINE IS COMING TO BETHEL

To the Editor:

BikeMaine, an annual week-long cycling trip hosted by the Bicycle Coalition of Maine is coming to Bethel. 350 riders and 50 volunteers and staff arrive on Tuesday, Sept. 15 in the early afternoon, and depart Thursday morning, the 17th. The riders cycle into our village via Vernon Street, having traveled from their Monday night layover in Bridgton and lunch stop in Waterford.

These riders hail from 34 states and four countries! This is an opportunity to offer our sincerest hospitality. We are seeking cheerleaders who have an hour or two to spare on Tuesday afternoon, Sept. 15, to hang out on Main Street and provide a hearty WELCOME!

There will be a BikeMaine tent village on Gould Academy's athletic fields. The riders will be on their own for their Tuesday evening meal and activities, as well as during the day Wednesday. Wednesday evening, they gather as a group at The Bethel Inn Resort for a meal of local foods prepared by members of the Local Food Connection with music by the Denny Breaux Trio. At 7 p.m., the public is invited to meet the cyclists and enjoy the trio.

An information booth will be set up at the Gould tent village to help riders decide what to see and do during their day off in our beautiful community. Bill White has offered to coordinate the ambassadors willing to help with this. Please contact him at 207-890-6110 or wwwmaine@gmail.com if you have some time to help either Tuesday from 11 a.m. to 7 p.m. or Wednesday between the hours of 7 a.m. and 5 p.m.

A highlight of the BikeMaine's trip to Bethel is a panel discussion lead by David Brancaccio, host of MPBN's "Marketplace" and Mark Vogelzang, President of MPBN, on Wednesday, Sept. 16, at 4:30 p.m. in the South Dining Room of the Bethel Inn Resort. The topic will be "Local economies, the challenge of building economic growth in small communities in Maine, and the potential for bicycling tourism to play a role." A limited number of seats will be available on a first come-first serve basis to locals. Please contact the Chamber office at 207-824-2282 if you would like to attend.

Many thanks to the following: Gould Academy for hosting the tent village and other infrastructure; The Bethel Inn Resort for hosting dinner and entertainment; the Local Food Connection for organizing dinner for 400; the local food growers who planted seeds and will harvest especially for this event; Amanda Moran, Gabe Perkins, and Dennis Doyon for serving on the BikeMaine panel; and especially to the Bicycle Coalition of Maine for choosing Bethel as its layover community for BikeMaine 2015!

This event is the same week as the Bethel Harvestfest & Chowdah Cookoff—a busy one for sure! Stay tuned for more information on all the Harvestfest fun!

Jessie Perkins, Julia Reuter and Robin Zinchuk
Bethel Area Chamber of Commerce

HARVESTFEST FUN

To the Editor:

Bethel's Harvestfest & Chowdah Cookoff is coming to the town common on Sept. 19. We hope you'll come check out vendor booths of artists, crafters, and local organizations; sample chowder, apple pie, or loaded local baked potatoes; or enjoy the live music, kids' activities, and free wagon rides.

A new addition to Harvestfest this year is a beer tasting with Baxter Brewing Co. and live music from Denny Breaux on the side lawn of The Bethel Inn Resort from 3 to 6 p.m. Tickets are \$10 for six 6-ounce pours and are available during the event at the chamber's info tent, or ahead of time at the chamber office or at The Bethel Inn Resort's Millbrook Tavern.

Here's how you can get involved. Contact the chamber at info@bethelmaine.com or 824-2282 to learn more about any of the following:

- * Volunteer to work the grill or prep food, take a shift in the chamber's info booth, sell chowder wristbands, or work the setup or cleanup crew. Volunteering is a lot of fun, and it is a GREAT opportunity for students who need community service hours.

- * Bake a pie for the apple pie contest. Winners in each category (amateur traditional, amateur non-traditional, and professional) take home a \$50 gift certificate from the Good Food Store. Drop your pie off at the apple pie tent on the common before 11 a.m. the day of the event.

- * Decorate your business for fall—use your imagination to show that fall is fabulous in Bethel! We'll judge decorations and award prizes of advertising credits for chamber members. We would love to see decorations up in time to welcome the BikeMaine cyclists arriving on Sept. 15.

Any restaurant may enter the chowder contest. This is a great opportunity to show off your best work to 400+ chowder fans.

Harvestfest will be your last chance to buy tickets to our Love the Outdoors raffle. You could win one of five different gear packages from L.L. Bean: a stand-up paddleboard, a recreational kayak, an angler's kayak, a pair of bikes, or a camping package with a 6-person tent, all with relevant accessories. Tickets are \$5 each or three for \$10 and will be drawn towards the end of the day.

Visit www.bethelharvestfest.com to get a detailed schedule or to sign up for the chowder or apple pie contests. Contact the chamber at info@bethelmaine.com or 824-2282 with questions. And have fun!

Happy fall to all.

Irene McGrew, Ron Savage, Steve Etheridge, and Amy Amann
Harvestfest organizing committee

UPDATE ON LYME WORKSHOP

To the Editor:

On Saturday Sept. 12, the Mt. Valley Lyme Disease Awareness Coalition will hold its 4th Annual Lyme Conference. This year's day-long event will be held at Telstar Regional High School in Bethel and is open to the public. A \$10 donation at the door is appreciated but not mandatory. A portion of the donation monies will be shared with Dr. MacDonald to help with his research costs.

Registration will begin at 9 a.m. Opening remarks given by State Representative Deb Sanderson at 9:45 followed by Maine's own Dr. Bea Szantyr with her always well received Lyme Basics, "Tick talk." Next up via satellite, Dr. Alan MacDonald, renowned Lyme Researcher will discuss his work, "Bb research." The afternoon will include "Laughter is the best medicine" with Birdie Googins aka The Marden's Lady, Maine Humorist; Annual Award Presentations and the one and only Dr. Charles Ray Jones speaking about "Lyme disease and kids."

Closing remarks presented by Sharon Rose Vaznis at 4:45 p.m.

This year's conference is sponsored in part by an educational grant from the Lyme Disease Association. Lunch will be available for purchase on site through Crossroads Diner of Bethel. The conference is being recorded by the local access channel WHAT and you can order a set of DVDs for \$25 plus \$5 for shipping and handling.

Special accommodation rates have been arranged with Slopeside Rentals, 824-2920, and River View Resort, 824-2808, both in Bethel. Contact the Bethel Area Chamber of Commerce, 824-2282, for other lodging options.

Here is the link to our Facebook event page:

<https://www.facebook.com/events/1684701668416328/>

To pre-register and/or for more information please e-mail mtvalleyldac@yahoo.com.

Rhonda Buker
Newry

SAMMY CHAPMAN GOLF THANKS

To the Editor:

Brady, Hannah, and I would like to take this opportunity to express our deepest gratitude for all the support, outpouring, donations, attendance and participation for this year's Second Annual Sammy Chapman Golf Classic & Music Festival. This year's chosen charitable recipient is The Bethel Food Pantry; a cause many can agree on and feel passionate about—we know Sammy would have thought it was a good idea, too!

There are many people and businesses that helped make this event as awesome as it was, and they deserve to be recognized. Thank you to MeSys (Maine Energy Systems) for not only sponsoring a tee sign, but for raising \$175 for a longest-drive contest in which they donated a ton of wood pellets as the prize. Thank you to Christine Clark, who won that contest and then generously donated the prize to families in need. Thank you to Jim and Kim Balaschak for donating the \$115 prize money that Jim won in the closest-to-the-pin contest.

Thank you to the following businesses & individuals for sponsoring a tee sign: Black Diamond Steakhouse, Ron and Rick Savage ~ Cross Excavation, Doug Jones ~ Davis Concrete, Todd Davis ~ The Good Food Store and Smokin' Good BBQ, Dave and Heather Nivus ~ Halls Pond Gardens, Mark Brandhorst and Sarah Shepley ~ Holiday House, John and Jeanette Poole ~ Homeslice Pizza, Amanda and Nick Katlin ~ JT Masonry, Jeff and Tyler Jamison ~ The Jolly Drayman, Fred Siebert and Cindy Coughenour ~ John and Rosemary Laban ~ Maine Energy Systems ~ Maine Real Estate Network ~ Mallard Mart ~ Craig Moore Trucking ~ Craig and April Moore ~ Mountain Real Estate Company, Susan Duplessis ~ Northern Roots Grow Supply, Nick and Janet Bartlett ~ Nadeau Wood Harvest Management, Mike and Theresa Nadeau ~ Paaso Racing, Mark Paaso ~ RUSTICS Log & Country Furniture, Paul and Kathy Chaisson ~ Sunshine Landscaping, Ben Pierce ~ Doug Zinchuk Roofing, Doug and Rob in Zinchuk ~ and Top Notch Tree Service.

A big congratulations goes out to the winning team of Jim and Kim Balaschak, Phil Rolfe, and Kevin Trinward; each the recipient of the coveted "Chapman Chalice"—four beautifully engraved, double old-fashioned crystal rocks glasses. Congratulations also goes out to second place winners, the team of Nate Buckman, Eric Johnson, Dana and Carl Hanley, and third place winners, the MeSys team of BJ Otten, Jim Lunney, and Mike and Steve Pelletier. It was fun!

We would also like to thank our open-mic performers who kicked off "The Sam Jam" in The Millbrook Tavern - Peter Morton, Freddie Johnson, Ross Rainey, Al Mallory, Tag Allen, Michael Stackhouse, and Mike Hallal. Our first band "The Terry Top Notch Band" - Rolly York, Kristin Rollins, Jeff Wright, drummer John Bliss, and Jewel Clark—who not only sang and played guitar for us, she was our emcee for the event, too. And of course, our headliner band for the night, "The Ball Brothers Band" - Ronnie Mills, Scott Kennagh, Ken Howard, Clay Abbott & guest Brad Hooper. The music was excellent, and we were very lucky to be entertained by all of you.

Many thanks to The Bethel Inn, the serving staff, their busy bartenders Lisa Deherrera, Micky Forbes, and Dan Pattee, the Golf Shop, Marketing Director and partner in crime Brad Jerome, and Mr. and Mrs. Rasor for always being such gracious hosts for this memorable event. Thank you to the businesses that put in a golf team for the tournament, as well. And last but not least, thank you to all the individuals who came out to participate in this year's Golf Classic and Music Festival, who swung a club, came down to listen to some local legends, enjoyed themselves, shared their stories, reconnected, and laughed the day away, just like Sammy would have loved to see. We know we all felt he was there with us in spirit.

Suffice to say this event was a huge success. Not only did everyone have a great time, \$2,679.08 was raised to give to The Bethel Food Pantry. (With three cardboard boxes full of food, too!) We certainly hope it helps our community that we feel very blessed and proud to be a part of. Thanks again from the bottoms of our hearts to everyone that was involved. We couldn't have done it without you all!

See you next year!

Loretta Long
Bethel

Age

Continued from page 1

Bethel community to residents 50 and over.

The survey is a tool for assessing needs across several areas, or domains, which have been identified by AARP and the World Health Organization as influencing the health and quality of life of older adults.

"The questions will address housing, transportation, social activities, health care, and more," said Jackie Cressy, coordinator for the AFCEP planning team.

She said that questions regarding transportation, for example, might ask respondents how they get around for things like shopping, medical appointments, and errands. They will also be asked to rate various resources and services in terms of their importance to the Bethel community.

"We are working on developing a survey that specifically targets Bethel's situation, rather than using the more generic one provided by the AARP," Cressy said.

The AFCEP planning team hopes that the choice of times will allow more people to attend one of the initial public gatherings.

"We are really hoping for a great turnout for these meetings, because they will offer a chance for people to tell us what they think, besides giving us the responses on the survey," Cressy said.

It began with a book

The local AFCEP got its start last winter, after Jan Stowell of Bethel read Gaudin's most recent book, *Being Mortal: Medicine and What Matters in the End*, and shared it with Cressy and her husband.

"Allen and I found it to be one of the most powerful and significant books we have read, and everyone we talked to about it said the same,"

said Cressy.

"Its main thrust was end-of-life care and the decisions that people need to make around that difficult subject, but it also addressed how people could be assisted to remain in their own homes as they age, regardless of their state of health."

The Cressys proposed a two-part series of presentations based on the book to the To Your Health committee of the Western Mountains Senior College, and the programs were added to the spring schedule.

In March, Jackie Cressy and Rosabelle Tift, chair of the To Your Health committee, attended the monthly meeting of the Oxford County Chapter of AARP.

There they met Peter Morelli, the Maine AARP coordinator for Age-Friendly Communities, and asked him to be one of the presenters for the second program, which addressed models for aging in place.

When more than 60 people attended the May presentation, Cressy said, "We realized at that moment just how important this topic was to the community."

In June, Morelli held an initial meeting in Bethel with ten members of the AFCEP planning team.

"We concluded at the end of it that we definitely wanted to get started on this project," Cressy said, and the team continued to meet every two weeks throughout the summer.

"We have begun reaching out to community groups like Rotary, the Senior Citizens group, Senior College, the Community Networking Breakfast sponsored by the Chamber of Commerce, and the Bethel Area Nonprofit Collaborative, to alert them to our efforts and ask them

to spread the word to their members about the upcoming October gatherings."

Cressy said that in order to help tailor their work to the unique circumstances of seniors in more rural areas, the group has relied heavily on a Canadian report, inspired by the WHO's Global Age-Friendly Cities Project, that focuses specifically on healthy aging in rural and remote communities.

"We have actually found that more helpful than a report about Portland," she said.

Joining the network

One important first step for the project is membership in AARP's Network of Age-Friendly Communities. In partnership with WHO, the network supports towns in evaluating existing resources, identifying needs, and working to address them.

On September 14, members of the AFCEP committee will present their ideas to the Bethel Board of Selectmen and seek the town's support for its application for membership in the network.

Once membership is formalized, the town would act as the AFCEP's fiscal agent in its application for grant funding from the AARP.

There is no fee to join the AARP Network of Age-Friendly Communities, but Cressy said it was important to note that individual towns must join the network in order to participate.

"So the survey will just focus on what Bethel residents think," she said.

"However, we know from past experience that whatever happens in this community has a ripple effect that extends to other nearby communities. Other towns are welcome to go through this same process, and our planning team and AARP are ready to help."

Our Back Pages

BY DANNA BROWN NICKERSON

10 years ago: Fifty Crescent Park School fifth-graders, led by nine Telstar High School students and several counselors, spent two days at Camp Susan Curtis learning to work as a team.

Lyons Orchard was open seven days a week for pick-your-own apples.

Deaths: Elaine Gammon Russon, Jeffrey R. Dillingham, Violet H. O'Shea

20 years ago: The summer-long drought caused small apples, stunted corn, dry wells and high fire danger in the area.

The Bethel Area Chamber of Commerce held an open house at their new facility at the Bethel Train Station.

Births: Victoria Blair Klimkowski, Joseph Anthony DeMarco, Marc Cort Hunt, Travis Stephen Jackson, Kelsey L. Averill.

Deaths: Hazel S. Cary, Terry A. Johnson.

30 years ago: Lorraine Pfaudler of the Gore Road in Locke's Mills was presented the Boston Post came as the oldest resident of Greenwood.

Bethel selectmen voted unanimously to apply to the FAA for \$47,368 for engineering design work on a new grass landing strip at Col. Dyke Field.

Births: Jared Brown Darling, Megan Elizabeth McLaughlin.

40 years ago: A shavings storage shed at the L.E. Davis Lumber Co. was struck by lightning during a severe storm. The resulting fire was quickly extinguished by the fire department.

Joan Coolidge and Sylvia Benson were offering sewing classes at the Wool 'n Weft Fabric Shop.

Births: Jennifer Akers Percival, Stacy Lynn House.

Deaths: Ira A. Brown, Donald Mailloux, May F. Cymrot.

50 years ago: The School Superintendent moved his office from Crescent Park School to the new building located on lower Main Street. A 14-car excursion train drawn by a steam engine passed through Bethel. It was the first steam locomotive to pass through town in over 10 years.

Deaths: Russell L. Swan, Laurence W. Marston, Mrs. Geneva Vail, Mrs. Agnes P. French, Mrs. Sarah Chapman Kirk.

60 years ago: The Ladies Circle sponsored a whist party at Fred Wight's in Newry.

The Methodist Couples Club met at the Wallace Saunders camp at Songo Pond. A potluck supper was followed by games of darts and shuffleboard.

Births: Timothy Paul Bean, Patricia Ann Pierce, Katharine Jane Kneeland, Cynthia Mae Osgood.

Death: Mrs. Mary Ann Knights.

70 years ago: Eighty seniors registered at Gould Academy.

Mr. and Mrs. Asa Bartlett came from Old Orchard to their new home, the Ed Herick place in Kimball Park.

Death: H. Alton Bacon.

80 years ago: Miss Katherine Herrick left New York for Paris, France, as an exchange student from Colby. She studied at the University of Lille.

John Meserve and family, North Lovell, were living in Mrs. W.S. Robertson's house on Mason Street.

Fifty-four students enrolled at Woodstock High School.

90 years ago: The Marion True Gehring Students Home was opened for occupancy.

New signboards to direct tourists were put up over the watering tub at the foot of Main Street.

The corn shop was operating, and a large amount of corn was being hauled from Fryeburg and canned here.

Death: William Milton.

110 years ago: The Universalist society was preparing to begin repairs upon its church edifice. W.F. Kendall was to erect a new chimney. Sweet corn was being gathered, and the corn shop was opened, but not yet running under full headway.

The Bethel Citizen

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France

Continued from page 1

"Jim and I ride at the same pace, and the amount of time we need for stops is similar." "We've had a history through the years of noticing when the other needed something," Reuter said, admitting that there were times toward the end of the PBP ride when he would have been in danger of falling off his bike if Trefethen hadn't noticed his exhaustion and suggested stopping for a quick power nap.

Preparation

About three years ago, they began participating in the UltraMarathon Cycling Association's "Year-Rounder Mileage Challenge," doing at least one ride of 100 miles or more in nearly every month of the year.

"We get to skip January and February, but we make those rides up," Reuter said. "We actually do about 23 or 24 long rides a year."

After deciding to train for the PBP, they completed their qualifying brevets together throughout the northeastern U.S. and Canada, and spent a lot of time developing a plan for their 2015 ride in France.

Both said they were fortunate to experience neither injuries nor mechanical problems during the ride.

"The most common complaints riders have is numbness in the hands and feet, and saddle discomfort," said Reuter, who uses a leather saddle made by an English company, Brooks, that has been producing them, using essentially the same design, since the late 1800s.

"Finding the right saddle is the key," agreed Trefethen.

She said the knee pain she used to experience when running will occasionally resurface, but having her bike properly adjusted prevented any issues during the PBP.

Both riders expressed gratitude to bike mechanic Eric Stephenson of Barker Mountain Bikes (formerly Bethel Bicycle), who fine-tuned their bikes before they were disassembled and shipped to France for the PBP.

"When I reassembled my bike before the ride, I had a problem, and I actually called Eric for help," said Reuter.

"He has worked on both of our bikes so much that he was able to explain to me how to fix it over the phone."

In addition to the extensive training and planning of the logistics for the trip and the ride, Reuter took his preparation one step further: he spent three years studying French in order to be able to communicate more easily with the residents of the northwestern French countryside through which they rode.

"Because Jim spoke French, they loved him," Trefethen said. "It was a real gift to be with someone who could speak French."

Who needs sleep?

They spent a total of 12 days in France, arriving a few days before the start of the ride and staying for a few days after. They rented a house in a suburb of Paris with a cycling friend of Reuter's, Karen Nutter, who was also participating in the ride, and her husband.

Trefethen said that out of the group of nearly 6,000 cyclists in the PBP, there were only about 500 women.

"There aren't a huge number of women doing endurance cycling, so when you meet one you latch onto her," she said. "Karen and I will definitely remain friends."

Reuter and Trefethen departed from Paris at 5:30 p.m. on Sunday, August 16 and rode through the night and the next day, covering the 276 miles between Paris and their hotel in the town of Loudeac by early Monday evening.

They ate, slept for about three hours, ate again, then set off at midnight for Brest. Once there, they turned around and rode back to the same hotel in Loudeac,



Christine Trefethen and Jim Reuter in Paris, following completion of the Paris-Brest-Paris Randonneur.

Submitted photo



Christine Trefethen and Jim Reuter of Bethel on the first morning of the Paris-Brest-Paris Randonneur.

Submitted photo

a round trip distance of 212 miles, arriving at about 9 p.m. Tuesday.

After more food and another nap of less than three hours, they departed at 2:30 a.m. Wednesday and reached Paris on Thursday morning.

Along the route, Reuter said, "People were sleeping all over the place. It looked like they had just fallen off their bikes at the side of the road."

At first, he said, he couldn't imagine being able to sleep beside the road like that, "but by the end, I was doing it."

He discovered that a seven- to ten-minute nap provided him with two hours of renewed energy for riding, "a great trade-off," he said.

They completed the ride in 88 hours and 40 minutes, with 80 minutes to spare.

"Our average pace throughout the race was 20 kilometers per hour, which is painfully slow if you were just out for a bike ride here," Trefethen said, but it allowed them to complete the ride within the allotted time.

"We've done 1000-kilometer rides before, and have finished with five or six hours to spare," she said, but the hilly course, as well as big crowds at the checkpoints, slowed them down somewhat, leaving enough time for riding but not quite as much time as they had hoped for rest.

Still, Reuter said, "We pretty much hit our plan."

"Minus a few hours of sleep," added Trefethen.

"Being older is an asset" Reuter, who is 62, said some of the strongest participants in the PCP were French and Italian riders in their sixties and seventies.

"The oldest finisher was an 80-year-old Frenchman," he said.

"I think, especially for endurance events, being older is only an asset," said Trefethen. "You gain so much wisdom as you age, and you come to know your own body better, and what it can do."

For most randonneurs, one of the appeals of the sport is its noncompetitive nature. Except for the elite racers

who depart in the first wave, all riders who finish within the designated timeframe are listed alphabetically, with no reference to the order or time in which they complete the event.

Bike-friendly

One of the most rewarding aspects of the ride was the enthusiasm with which the bicyclists were greeted along the route, much of which winds through rural areas and small villages.

"The event is a deeply held part of the culture of Normandy and particularly Brittany, and the people along the route in the villages stood by the road during all hours of the day and night to call 'Bon courage' and to Christine, 'Allez madame' as we passed," said Reuter.

"You'd be passing through a village at three in the morning, and you would hear a voice from a second story window calling 'Bon courage!'"

"Some families would set up tables with coffee, water, fruits, all offered free to passing riders," he said.

At one such station, along with fresh crepes and coffee, villagers gave their address to riders in exchange for the promise of a post card from their home country.

"At the check points, there were always still-warm French pastries and baguettes," Trefethen said.

Another plus was how accustomed motorists in France are to bicycles, and their willingness to share the road.

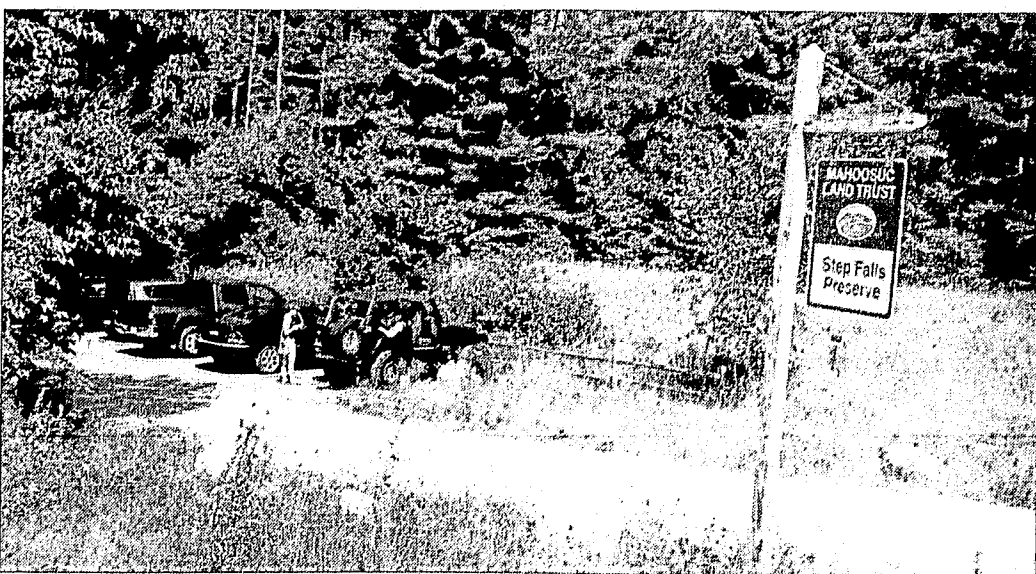
"It is so bike-friendly compared to here," Reuter said. "All of the motorists are very considerate. There were nearly 6,000 bicycles on the road, but there was never a problem between cyclists and motorists."

Because social media makes it easy to find and stay in touch with like-minded riders, he said, "you get connected with people from all over the world."

"The camaraderie among riders actually made me think, at least for the duration of the ride, that there's nothing wrong with the world."

Waters

Continued from page 1



The parking lot entrance at Step Falls.



About two dozen cars were parked along Route 26 near Step Falls early Sunday afternoon, as a car in the foreground leaves the designated parking lot. On Saturday afternoon, more than 60 cars were parked along the state route, according to resident Brooks Morton. The parking lot holds about 12 to 15 cars.

A. Aloisio

Jim Mitchell, executive director of MLT. The lot holds about 12 to 15 cars. Trail improvements were also done, he said.

The land trust now lists Step Falls, as well as its other preserves that may be used by the public, on its website, along with maps and other information.

Brooks Morton, a member of the Newry Planning Board and formerly its chairman, said of the parking lot work at Step Falls, "If this type of project was subject to a site plan review [by the Planning Board] issues like this could be discussed and avoided. More off-road parking could be developed if a Shoreland Zoning permit were obtained. I was told that this type of land use is exempt from review because of its low impact. Anytime you open a place to the public with no over sight, you are bound to have problems. One has to wonder if a business caused this much roadside parking to occur what the result would be."

Mitchell said he had spent considerable time meeting with Newry Code Enforcement Officer Dave Bonney about the plan for the parking lot and permitting requirements, and was told no permit was needed for the lot, since most of it was not located in Shoreland Zoning. A small area that was, he said, was blocked off to further parking, which slightly reduced the lot size. Mitchell said the MLT did obtain a permit for trail work on the site from the Maine Department of Environmental Protection.

Bonney was asked about the town permitting process regarding the parking lot. He said MLT had contacted him in April of 2013 about doing work on the parking area.

"I advised them that I interpreted the proposed parking lot work plan as not subject to the Town of Newry Shoreland Zone Ordinance, nor subject to the Unified Development Review Ordinance," Bonney said. "I suggested they contact the Newry Planning Board for interpretation/pre-application conference, as the Newry Planning Board administers the ordinances." But, he said, he could find no record that had

happened.

Morton said that in the past, MLT had suggested the town create an ordinance to regulate roadside parking so it could be enforced. But, he said, "To me the organization that created the problem should devise the remedy."

Morton said that at one point on Saturday at Step Falls, "62 cars were parked on both sides of the road. This is conservation? With no toilet facilities it is a problem. In my opinion places like this should have controlled access in periods when the water is low."

He said it appears to him that parking along the road happens most weekends during the summer, and there is evidence of sanitation problems along the falls. A kiosk at the bottom of the trail notes there are no facilities, and directs people a mile up the road to the Screw Auger Falls state facility.

Keith Durgin of Newry owns land that abuts Step Falls. He said he has often observed evidence of people relieving themselves on his land there, as well as on other property he owns near publicly accessed locations on Route 26 and elsewhere.

Durgin also said when people injure themselves on the rocks at Step Falls and need to be carried out by rescue personnel, access is often via the abutting land. That needs to change, he said, with the land organization providing such access.

He said he has owned land in the area for 15 years, and there have always been problems to some extent, but they have multiplied "by tenfold" at Step Falls since MLT took it over and have been particularly evident in the past year.

Durgin said he feels the problems at the recreation locations should be addressed by all towns that have such resources, as well as by the state. The key points, he said, are trespassing, human waste problems, parking, and safety considerations for both users and abutters.

Mitchell was asked about trash and if MLT has considered a portable toilet at Step Falls. He said that a volunteer steward, who Mitchell said had hiked the trail every other day all season in order to pick up trash, has "re-

marked how little trash had been left over." And more recently, said Mitchell, the volunteer "had not seen any evidence" of human waste problems. For that reason, he said, there are no current plans to provide a facility.

Mitchell also said there are only "a few days a year" when the parking overflows the lot. Bob Iles of Bethel, president of the MLT board, said the organization is in need of more volunteer stewards as the recreation areas become more popular.

Steve Wight of Newry, a former MLT board member who has been a longtime advocate of outdoor recreation and conservation, was asked about the problems and possible solutions.

"As I see it, all the work that is being done locally to increase the level of wellness among the residents of Oxford County and to attract more visitors to the area is beginning to bear fruit," Wight said. "The Step Falls trail upgrade, the Frenchman's Hole parking lot and amenities, the construction of the Grafton Loop Trail, the new and improved boat launches, and the plans for expansion of the Bethel Pathway to Angeline Park and the Bingham Forest are all wonderful steps forward for both improving health and increasing economic prosperity in the region."

"However, with increased use and visitation comes the responsibility to provide for the parking, sanitation, and educational needs of the visitors. We need to look at all of our recreational offerings from the perspective of the users and see that parking, toilets, and simple rules of conduct must be provided. All of the nonprofits and town committees that work so hard to raise funds and construct these facilities need to come together to discuss ways to insure that the basic needs of the users are properly provided for at existing locations, as well as new ones being planned."

(Note: The writer is married to Joe Aloisio, who is a member of the MLT board and designed the parking lot work plan for Step Falls.)

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Hiker

Continued from page 1

their phones to share.

There is also a tendency among some, he said, to navigate using maps on a cell phone, or GPS, a practice that he said can be risky. When hikers do get into trouble, said Baribeau, they may be quicker to call for help than in the past. They may also be less likely to follow the basic rules of what to do when lost, such as stay put and wait for help.

"We see incidents today that we never would have seen 15 years ago," he said.

Baribeau said some of those behaviors may be the result of people who "seize on the idea" of an adventurous hike, buy the equipment and get out on the trail without the necessary experience.

"That's versus people who started hiking young, with their family, and slowly went through the steps of learning," he said. Some of today's hikers, said Baribeau, "are less experienced and able to make common sense decisions. They are less aware of what it takes to be self-reliant."

Whether it's because of a different attitude or an overall increase in the number of hikers, or perhaps both, Baribeau said there has also been a change in how the AT wilderness is treated. "There's more 'stuff' on the trails, more things left in the lean-tos," he said.

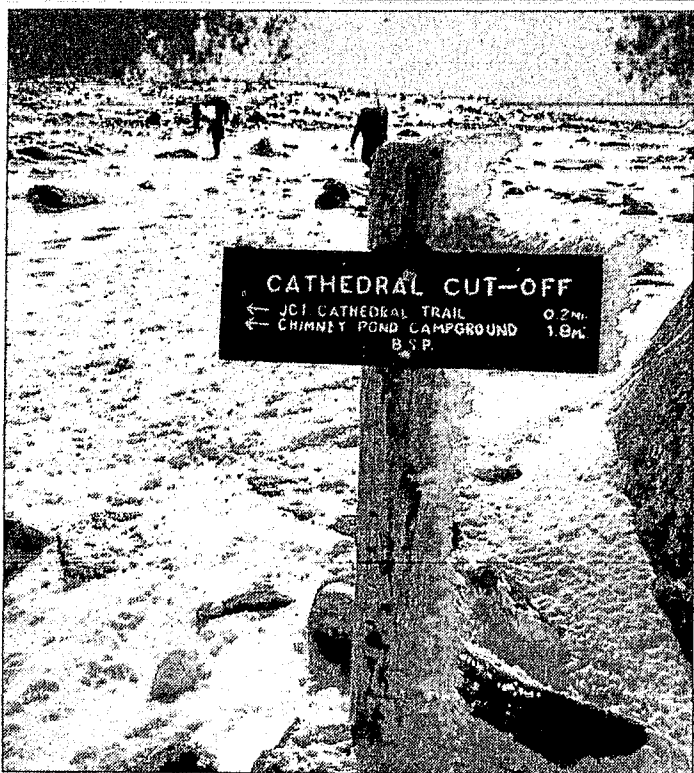
As for the possibility of ending the AT in a different place from Katahdin, Baribeau said, "Too few AT hikers cherish Katahdin as we do in Maine. To some it is a sacred mountain, a place of great majesty and power. Although it would be unfortunate to terminate the AT before the summit of this great mountain, that step may be necessary."

Another long time hiker, Norm Greenberg of Bethel, echoed some of Baribeau's observations. He also said that in working with Outward Bound, he has encountered young people who have generally spent less time outside than in the past, because of the popularity of computer games and social media. Therefore, he said, when they participate in an OB program there is more of an adjustment for them.

"But once they do have the experience, because it's so different, they're really blown away by it," he said, and they value the accomplishment of getting to the top of a mountain hike because of the hard work it takes.

He also said some young hikers may need to be reminded to pick up litter, simply because they may not be tuned into it otherwise.

Greenberg also noted that there has been a growing tendency for hikers to travel light and fast to cover more territory, which may leave them less prepared if they



The Mahoosuc Mountain Rescue Team on Mt. Katahdin in winter.
B. Baribeau/file photo

encounter difficulties.

Positives

Baribeau stresses that there are also positives on today's trails. Despite the changing attitudes among some hikers, he said, the accomplishments of the new generation are just as impressive as those of their predecessors. "You have to give them credit for their stamina," he said.

And, said Baribeau, those same hikers are often just as willing to help in a rescue situation: "What do you want us to do? they will ask," he said. "They are most happy to assist." He said many hikers are trained in advanced First Aid and provide help to others.

Baribeau also said there have been overall gains in

hiker awareness over the years.

"Generally hikers are more informed about conservation and the wilderness in general, subjects that affect hikers like trail closings, trail maintenance, the environment, and public lands both state and national," he said. "Hikers are organized and vocal about preserving the land and borders of the Appalachian Trail. Also, the 'Leave No Trace' ethic is followed by some and catching on with others, and this is a very positive development. I just returned from Baxter State Park and observed many hikers who showed a profound and obvious respect for the park and Governor Baxter's legacy to the state."

Town news

Bethel

By Donald G. Bennett



Make Your Day - Walk the Bridge
At Bethel Outdoor Adventure the bridge to Hastings Island from the campground has turned into a major attraction. After crossing the bridge the wilderness trail around the island is a real bonus. The trail is a little less than a mile long. It is the opposite of the Bethel Pathway just across the river as it is unpaved and completely natural. For those into birding, this is the place to walk. Views of the river and Bethel village make the trail walk a fun experience. I certainly enjoyed it last week. How do you do it? All Bethel Outdoor Adventure customers are welcome to get the bridge entrance key and take the walk. To become a customer you can rent a canoe or kayak, by a gem sluice tick-

et or even buy an ice cream cup and you qualify. It's that easy.

Barn a Rising

Dan and Jeremy Gibbs were at work this week on the Historical Society's new barn, Dan said the lumber came from Western Maine Supply but as far as he could see the actual wood came from British Columbia. What impressed me is the machine gun nail hammer they have. It can drive large nails and spikes - driven by air of course the nails don't explode. At week's end the most important section was up - the opening for the barn's door.

Long Rails on a Bethel Train

Friday there was a long St. L&A train parked on the railroad near the Mechanic Street crossing. It consisted of special cars for carrying extra-long rails. Rails on this load ran from the head of the train all the way back under the Route 2 bridge for maybe

Hikers behaving badly

(AP) When Jackson Spencer set out to tackle the Appalachian Trail, he anticipated the solitude that only wilderness can bring - not a rolling, monthlong frat party.

Shelters where he thought he could catch a good night's sleep while listening to the sounds of nature were instead filled with trash, graffiti and people who seemed more interested in partying all night, said Spencer, who finished the entire trail last month in just 99 days.

"I wanted the solitude. I wanted to experience nature," he said. "I like to drink and to have a good time, but I didn't want that to follow me there."

Spencer, or "Mission" as he is known to fellow thru-hikers, confronted what officials say is an ugly side effect of the increasing traffic on the Georgia-to-Maine footpath every year: More people than ever causing problems.

At Maine's Baxter State Park, home to the trail's final summit on Mount Katahdin, officials say thru-hikers are flouting park rules by openly using drugs and drinking alcohol, camping where they aren't supposed to, and trying to pass their pets off as service dogs. Hundreds of miles away, misbehaving hikers contributed to a small Pennsylvania community's recent decision to shutter the sleeping quarters it had offered for decades in the basement of its municipal building.

With last year's release of the movie "Wild," about a woman's journey on the Pacific Crest Trail, and what experts call a growing interest in outdoor activities, the number of people on the Appalachian Trail has exploded. And the numbers are only expected to climb further after "A Walk in the Woods" - a movie based on the 1998 Bill Bryson book about the

Appalachian Trail - hits theaters this week.

More than 830 people completed the 2,189-mile hike last year, up from just 182 in 1990, according to the Appalachian Trail Conservancy, based in Harpers Ferry, West Virginia. At Baxter, the number of registered long-distance hikers grew from 359 in 1991 to more than 2,000 in 2014.

The growing number of hikers is becoming a management nightmare at Baxter, where officials say they also believe the culture and attitude of the people using the footpath is changing.

Jensen Bissell, director of the park, said in a letter to the Appalachian Trail Conservancy late last year that AT hikers are "open and deliberate in their desire for freedom from all rules and regulations." He warns that the trail may need to end somewhere besides Katahdin if something doesn't change soon.

"If we have 2,000 hikers now, how will it be when we have 3,500 or 4,000 hikers?" Bissell said.

Some say there appears to be a growing sense of entitlement among thru-hikers, many of whom are just out of college or have enough money to leave work for months at a time.

"We had to take off half a year of working, and not a lot of people can do that," Karl Berger, a 24-year-old Maine resident known on the trail as GQ, said from a camp site in Baxter, where he was resting with his father behind finishing the hike up Katahdin. "I don't think a lot of hikers acknowledge that it's a privilege to be out here."

Many hikers said they believe the concerns are being overblown.

"There is always a bad apple or two, but these are people that spend four to six months for a year on the

trail, on their feet, experiencing the wilderness. I can't imagine them wanting to do things that would violate the wilderness," said Scott Jurek, an ultramarathoner from Colorado who last month completed the trail in a record time of 46 days, eight hours.

After celebrating with a bottle of champagne at Katahdin's summit, Jurek received citations for consuming alcohol, hiking with a large group and littering. He argued that the citations were unfair and that Baxter officials were using him to send a message to problem hikers.

Policies regarding alcohol vary by state and park. Dogs are allowed along most of the trail except for a few places, including Baxter.

Ron Tipton, executive director of the Conservancy, said the vast majority of thru-hikers are respectful and on the trail for the right reasons. He said he believes that the sharp increase in hikers has simply made it more challenging to deal with the behavior of a few.

His group has implemented several initiatives to deal with the surge in trail use, such as encouraging people to start the path at different spots to better distribute hikers. It also recently held a meeting with Baxter officials to address the concerns about hiker behavior and is dedicated to resolving the issues, Tipton said.

With the end of the trail in jeopardy, there's much at stake, officials and hikers say. "Katahdin is such an icon; it's such a prize that it motivates all kinds of people," said Lester Kenway, president of the Maine Appalachian Trail Club. "Having the trail end somewhere short of that would be a disappointment for many of us."

from you and am very glad that Mrs. Crosby is all right now. We are all pretty well at present. It is very late spring here and the trees are just beginning to leave out. It doesn't look as if I could turn my cows out for some time yet. I

another two hundred yards. Letters from Sunday River

In the 1920s and 30s my grandfather Howell Crosby was kept up to date on what was going on in the Sunday River valley. His regular cor-

respondents were John Nowlin, Rob Bean, Jim Reynolds, and Rob Foster.

From John Nowlin, May 21, 1926

Dear Mr. Crosby, I got your letter last night and was very pleased to hear

Korea

Continued from page 1



Campers in the Camp Fulbright program.

S. Ryerson

had Korean classes."

Other Americans there hailed from Wisconsin, New York, New Jersey and Hawaii. Interestingly, she said, "I was the first one to apply to the program from Maine."

Sierra said that even meeting young people from other parts of the U.S. was an eye-opening experience for her.

Outside the language classes, Sierra learned about Korean culture, food and history. "They are very respectful of their elders," she said, and people almost always put the good of the larger group before their own interests. She was impressed by the subtleties of the practice of bowing when meeting another person. The higher the status or seniority of the other person, she said, the deeper the bow.

And given her position as an intern, she said, even campers older than she looked up to her.

There were also typical camp experiences, including singing songs, playing games like badminton and dodge ball, and nighttime activities such as stargazing and frog watching.

Sierra also learned it is a small world. Her Korean roommate in the dormitory had friends who attends Gould Academy, she said.

There were also opportunities to sight see at historical landmarks, and visit the U.S. Embassy.



Sierra Ryerson in Korea.

S. Ryerson

As for food, while Koreans eat a lot of vegetables, Sierra said, her preference was for the noodles. But she was open to experimentation. "I ate a silkworm," she said - an experience she doesn't want to repeat. But, she said, Koreans also eat a lot of seafood, which she enjoyed. "I liked the squid," she said.

When the two weeks ended, said Sierra, "I cried harder when I left Korea than I did when I left home." She hopes to return to the country at Christmas time to visit her cousin.

Looking back now on the camp experience, "I'm more open-minded now toward Asia," she said. "I had never really thought about it before."

She also said she feels like she is now generally more open to new experiences. "I tried so

many things," she said.

The Korean trip has also solidified an interest she has long had in a career in diplomacy and international relations. "I want to double major in international relations and political science," said Sierra.

For Telstar's annual Career Week next spring, she hopes to go to Washington, D.C., where she plans to job shadow another cousin. He works for the federal government and hopes to soon work for the foreign service, she said. She'd like to go to college there also, and plans to visit several while she is there.

Sierra also has another dream beyond just working abroad.

"By the time I'm 65, I want to be able to say I've been in every country in the world," she said.

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was looking at the little pines and I see there is quite a few of them that Jim (Reynolds) set out last year that have turned yellow but not many that are dead.

I am sorry you cannot come up next month. But I will look after things as best I can and I will write you every once and a while. I suppose you heard that Rob Bean is going to move in the Bill Spinney house - his wife's father has bought it.

I think Bryant is going to shut down the mill here (it was located near the Sunday River Inn) and take the men to Flagstone and saw out the wood he has got there and then come back and finish up turning here. I suppose that will leave me here alone to look after the squares and put them under cover.

Well I guess that is all for this time give my best regards to Mrs. Crosby and family. I am as ever your friend, J.A. Nowlin

A Riley/Ketchum - Bethel Connection

Ernest Perkins in writing his Historical Sketch of Mason Street noted how two of the Mason Street houses were built by (with help I presume) Stillman Littlehale (1837-1916). Littlehale was the only plantation clerk (town clerk) of Riley Plantation. The Littlehales owned the land between Sunday River and Bull Branch. Around 1900 the Littlehales decided to leave their home in Riley for an easier retirement life in Bethel. The 1911 town map shows the Littlehale residence is the second house, the one pictured below left, and the one which

stands near Sanding Brook and just above the entrance road to Bethel Park Apartments. In the 1950s I remember delivering milk to the Donahues when they lived there. Today the Littlehales rest peacefully in the Sunday River Cemetery.

Leon Gorman
On Sept. 3, Leon Gorman died at his home of cancer. He was a grandson of L.L. Bean, president and chairman of the board at L.L. Bean starting in 1967.

When we came back to Bethel in 1977, for the next many years there seemed to be a lot of the company's interest in a Bethel/L.L. Bean connection and the company had a fairly regular presence in Bethel. The main connection now is via the Outward Bound Center main building in Newry.

In the late 1970s after Joseph Brennan was elected governor, he held almost monthly meetings in his office for a statewide gathering of tourism people as a way to boost Maine tourism. Leon Gorman attended some of the meetings along with Robert Reny, Allen Fernald, the publisher of Down East magazine, travel agents and prominent lodging owners like Kathy Weare who owned the Cliff House and Peter Damborg, head of the Maine Publicity Bureau. I went from Bethel.

During a break at one of the meetings I had a chance to meet and briefly talk with Leon Gorman. We lightly talked about L.L. Bean as being from Bethel which was a hot topic in those days. One of the questions bounc-

ing around then was where was L.L. Bean actually born? I said that question came up off and on in Bethel. Mr. Gorman said, jokingly I assumed, "Oh, L.L. Bean was born in Bethel. Eva Bean said so!"

Sunday at Letter S

Pool and Covered Bridge
At midday two family groups were enjoying the sunny weather at Letter S. The newly paved parking area is quite an improvement and long enough to accommodate maybe up to 10 cars - more than before paving. One party, some swimming and some sunning, said they were really enjoying themselves, although the water was low it was cool. Another group was swimming, sunning and picnicking. More cars arrived as we were leaving - a popular place on weekends.

At the Covered Bridge there was also the usual activity. What we exclaimed about was how low the river is. I have never in 70 plus years going there seen it so low. In the bridge, one young woman was having her picture taken sitting in a raised chair so her image would be framed by bridge timbers. Talked briefly with another young woman who was here from the state of Washington. She had been to Vermont and New Hampshire but apparently had just arrived here as she asked about good places for lunch. My answer is a secret.

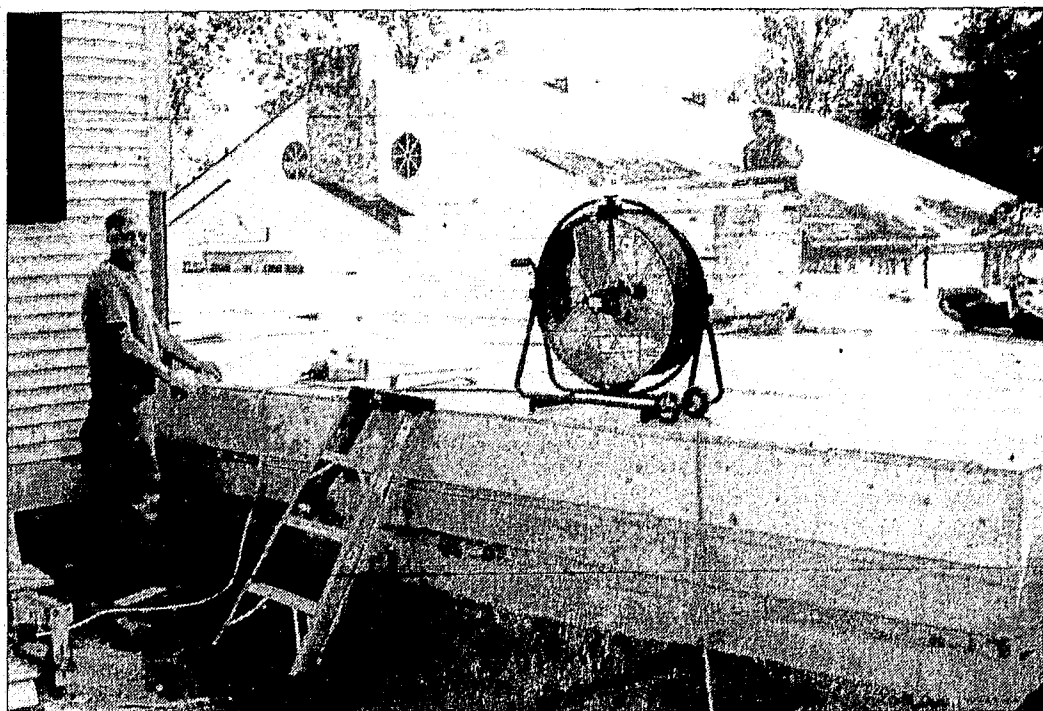
Bethel

By Nancy Brown

Gas prices have dropped in the last week. They are the lowest since 2004. The national average on Sunday was \$2.39 a gallon; in Bethel gas was \$2.41 a gallon at all four gas stations. A year ago the average price of gas in the US was \$3.50 a gallon. The farther south I drove on the weekend, the cheaper the gas. The lowest price I found was at the Big Apple convenience store on Main Street in South Paris where gas was \$2.22 a gallon. For years I've tried to get an explanation from the Big Apple corporate office about why the Big Apple's Cigo gasoline is much more expensive in Bethel than South Paris or Oxford or Augusta. I've decided to stop questioning and just take advantage of the lower prices and do a little more traveling this fall.

There are just two weeks of summer left. Signs of fall: Pumpkins are out at Swain's on Route 2. Gibson's Orchard now has cider and honey, as well as apples. Mums are ready at Pooch Corner Farm and Mountain Greenery. The leaves on the maple trees in low-lying areas have begun to turn red. Fall flowers are abundant, not just the tansy and goldenrods, but the tall roadside asters with the small purple flowers. Harvestfest is a week away, Saturday, Sept. 19, on the Town Common.

Two great fall fundraising events are coming up in the next month. The CROP Hunger Walk is on Sunday, Sept. 27, at noon. The annual walk raises money to end hunger around the world by providing water resources, seeds, farm animals, and agricultural training to help communities become successful food producers. Of the funds



Dan and Jeremy Gibbs at work on the new Historical Society barn; the heavy duty compressed air operated hammer lies on the deck in front of Dan Gibbs. D. Bennett

raised here, 75 percent goes to fight global hunger and 25 percent goes to the Bethel Area Food Pantry. Here the CROP walk is initiated and led by members of the West Parish Congregational Church, but all churches, businesses, community groups, student groups, and individual are invited to participate by organizing teams and fundraising. You can get information and pledge forms by calling Jane Chandler at 357-3524.

My second great fall event is the 16th Annual Waterford Fall Foliage 5K Road Race, which is Sunday, Oct. 11, at noon. The publicity for this event calls it a "scenic yet challenging out and back course along the shores of Keoka Lake." That's a really good description of the event. I'm not a runner; I walk the course (with some running). True, there are a few challenging hills, but it is a fun event. The race starts and ends at Waterford Flats and it coincides with Great Western Chili Cook-off Contest sponsored by the Waterford/Harrison PTO. While race participants are out on the road, others are sampling chili and eating baked goods. Race participants get free chili samples. The money raised goes to the Tony Waldeier Scholarship Fund, which gives scholarships to Waterford high school graduates. More information and registration information is at www.waterford-fall5k.com.

If you have news to share, please e-mail me at brownnc1950@gmail.com.

East Bethel

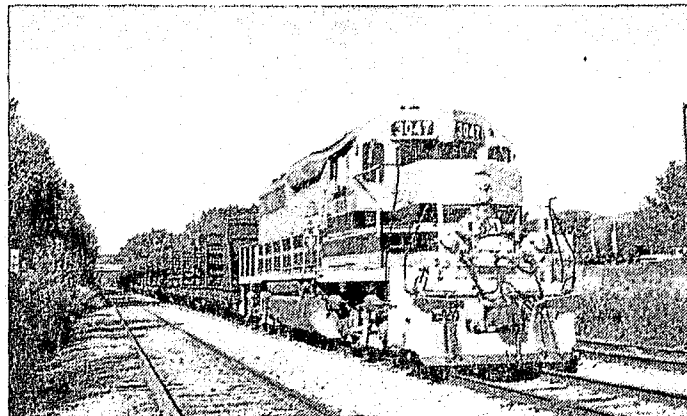
By Wally Ritz



What perfect weather we had over Labor Day weekend. Am looking forward to hearing about what everyone did for fun. Call me at 507-1008 or e-mail heinhcracker@gmail.com.

Arlene Harrington had some special visitors. Her daughter Esther Fuller of Locke's Mills came over with her granddaughter, Megan, of Waterville, and her great-granddaughter, Sophia. Arlene hadn't see Sophia since she was three months old. She is 11 months old now and walking.

Here is the new Trivia question: In April 1935 where was the Middle Interval Farm Bureau meeting held and how many attended? Have a great week.



The St. L & A rail work train at Bethel on Friday. The single piece rails loaded on this train are the longest I have seen. Rails like this used to replace old ones in the early 1980s did not seem to be so long. D. Bennett

West Bethel

By Karen Paul



The weather this past week has been amazing. I am writing Monday, Labor Day, and the temperature at 6 p.m. is 88 degrees. I think we have a record high for Sept. 7, 2015.

Wednesday I traveled to CMMC in Lewiston with my sister, Audrey Brooke to see our dad, Rodney Jordan. Dad had bypass surgery on his right leg after years of suffering with diabetic foot issues. The surgery was a success. Thank you, Dr. Ricci, for your love and knowledge. Dad will be transferred to Norway Rehab by week's end. The address at Norway Rehab is 29 Marion Avenue, Norway, Maine 04268.

Adaline Clough's granddaughter Janelle of Naples married Harlan Plummer also of Naples at Hacker's Hill in Casco on Aug. 22. Janelle is the daughter of Robert Mitchell and Corinne Clough Lausier. Adaline said the setting was beautiful with 360 degree views of Sebago Lake and the White Mountains. The reception was held at the Naples American Legion Hall.

Aaron Paul will be visiting this week from San Francisco. We are hoping to make a kayak trip down the Androscoggin River while he is here. Please send me your news items. My e-mail is paulkmarie@gmail.com. Phone is 836-2266. Or find me on Facebook.

Andover

By Jane C. Rich



The Andover Elementary School began classes this past week with 34 students. Superintendent Jack Turcott, Teaching Principal Karen Thurston and the entire staff have worked very hard to get our new school able to give our students the best education possible. The School Board was scheduled to meet on Wednesday evening of this week (yesterday) and since I will be attending, I'll have a report next week.

The Maine DOT has requested permission from the Selectmen to close the Merrill Bridge (between Elm Street and the East Andover Road) for two hours on Sept. 22 for a bridge inspection. The closure will take place between 9 and 11 a.m. There will be a flashing sign announcing this closing beginning soon so that all should be aware.

The Calvary Bible Church will be hosting the Dummiman's Gospel Group at their 10:45 a.m. Service on Sunday, Sept. 13 to be followed by a potluck luncheon. All are invited to attend this special event.

The Knights of Pythias Cabot Lodge 117 will hold their first meeting of the fall on Monday evening, Sept. 14 at 7 p.m. in the Town Hall.

Thanks to Pete Coolidge and all his musical friends for the wonderful summer concert series that concluded on Friday evening with wonderful guitar music. Unfortunately, I wasn't able to attend, but have heard great reports about how

OCSD Patrol Log

Tuesday, Sept. 1

At 1:23 p.m. Deputy Andy Whitney ran radar in front of Telstar High School. One subject was given a warning for speeding in a school zone.

Wednesday, Sept. 2

At 11:30 a.m. a Bethel resident reported her wallet stolen from her vehicle as it was parked in the driveway. It appears someone has been doing this frequently in the Broad and Main Street areas. Sgt. Tim Holland was assigned.

At 3:11 p.m. Deputy Andy Whitney ran radar in front of Telstar High School. One driver was warned for speeding, and provided with directions as they were lost.

Friday, Sept. 4

At 10:21 a.m. Deputies Matt McDonnell and Dere MacDonald stopped a vehicle on Paradise Road in Bethel for an expired inspection sticker. The driver admitted to having a drink that morning. A field sobriety test was conducted and the subject arrested for suspicion of OUI. A test conducted at the substation showed .04 under the legal limit. The subject was driven back to his residence.

At 1:58 p.m. a utility pole on the Intervale Road in Bethel broke on its own (old and defective). The Bethel Fire Department also responded.

At 2:43 p.m. Deputy Josh Wyman responded to a Bethel location for a report of a marijuana grow. It was determined to be a legal medical grow.

Sunday, Sept. 6

At 10:04 a.m. a report was received of a motorcycle front tire locking up while the operator was traveling on the Intervale Road in Bethel. The driver separated from the motorcycle and it slid off the road. There was a minor injury. Sgt. Tim Ontengco and Bethel Fire and Rescue responded.

At 11:05 a.m. a caller on the Flat Road in Bethel reported parachute planes were flying low and skimming the treeline, and were loud. Deputy Dere MacDonald was assigned.

Monday, Sept. 7

At 7:11 a.m. Deputy Andy Whitney spoke with two subjects on Mason Street in Bethel about harassment. Both were warned not to communicate with each other.

At 8:22 a.m. Deputy Andy Whitney arrested a subject on Grover Hill Road in Bethel on an arrest warrant.

OCSD Jail Log

Sept. 7, 9:12 a.m.: Erica K. Waltman, 25, of Bethel, failure to appear; by Deputy Andy Whitney in Bethel.

Perry Williams Nibóban Sporting Camps

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"Leeanna has been great to work with. The whole team is great."

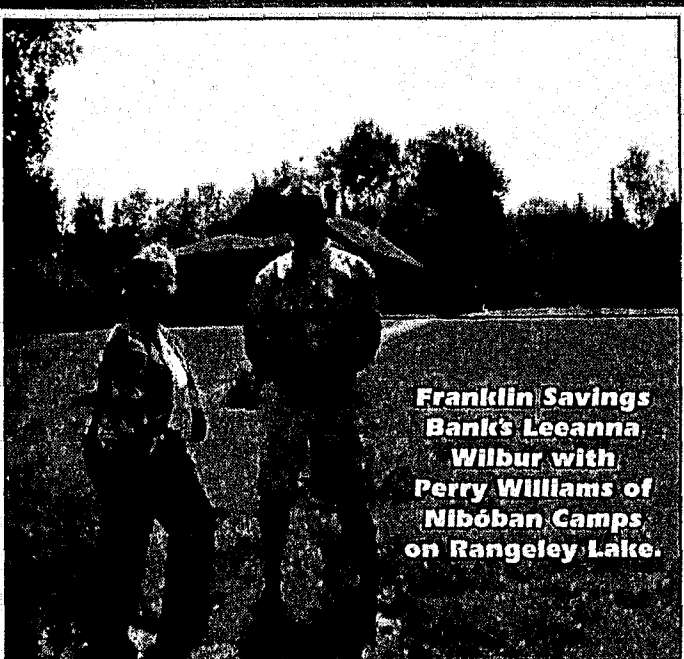
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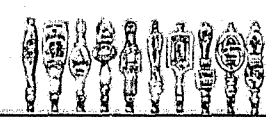
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Crossing Bethel Outdoor Adventure to Hastings Island. (See Bennett Bethel column.) D. Bennett

great the music was for this final event in the series. We all hope you will do it again next year.

The Andover Historical Society has announced they will be holding an open house on Oct. 18 from 11:30 a.m. to 3 p.m. at their main building on Elm Street and the East Andover School house location. Jim Coolidge will be pressing apple cider as part of the event. Refreshments of pumpkin cookies and bread will be served. Further information about activities for the day will be forthcoming.

ATV riders may be interested in knowing about the following activities to take place in the next few weeks before the end of the riding season. On Sept. 19 the Cambridge Cruiser's Corn Field Ride and Pig Roast will be held to benefit Make-A-Wish of Maine, while on the 26th the Western Maine ATV Club's Annual Toy Ride will take place. The last scheduled ride for the Roxbury ATV Riders club is the Fall Foliage Ride on Sunday, Oct. 4. Check out the Roxbury Riders Web Site for further information about their activities.

Remember the Pickle Ball players meet on Tuesdays and Thursdays at 6 p.m. at the tennis court on Main Street, providing it is not raining.

My personal thanks to the people of West Parish Congregational Church in Bethel for their warm reception, kind comments and acceptance while I was doing eight weeks of preaching there this summer. The church will welcome their new pastor, Rev. Dr. Timothy Leconey on this coming Sunday, Sept. 13. Thank you is inadequate to express gratitude.

Bryant Pond

By Alice Hoyt



The Whitman Memorial Library program for September is Sept. 10 (today) at 2 p.m. at the library. Guest speaker is David Shaw. He will be talking about the time he has spent helping pastors in Brazil for the last 15 years. He will be giving a slide presentation and showing artifacts of his account in the Amazon, fishing for piranha, hunting alligators, and visiting buffalo farms. The public is invited, no charge, light refreshments.

Franklin Grange #124 will meet Saturday, Sept. 12, at Norway Grange for installation of officers starting with a 6 p.m. supper (pot luck);

meeting at 7 p.m.

The Historical Society will meet Saturday, Sept. 12 at the museum at 6 p.m. for a regular meeting.

Judith Grover Tent #17 DUVCW will meet at the Grange Hall on Monday evening, Sept. 14, for a regular meeting.

Services at the Baptist Church are Sunday School at 9:15 for all ages; Morning Worship at 10:30; Evening Service at 6 p.m. Wednesday evening at 6:30 is Mid-Week Service; also Bloom for girls 13 to 18 and Foundations for guys 15 and up.

Larry Billings wants people to know his memoirs are available at the Bethel Historical Society if people would like a copy. He wrote about famous people he has met.

Sunday Ken and I joined Beth, Steve, Marybeth and T.J. Ray, and Leatrice Chase at the Hoover's for Sunday Dinner to celebrate Marybeth's birthday.

The Woodstock/Greenwood Senior Citizens met at the Masonic Hall on Thursday, Sept. 3 for a meeting and dinner put on by the Star Birthday Club. Next month we go to a restaurant for dinner.

Gilead

By Lin Chapman



The weather has been just too hot. Parts of the lawn are turning brown, so we need some rain.

My brother, Steve McLain, dropped off some of his delicious yellow beans. I also noticed that he and Brad were attacking the lawn again at the Dupont House.

Peter and Claudia Risbara were in town at their Gilead House last week. They are still trying to get some work done before winter.

First day of school arrived and Linda Taylor and her three grandchildren headed for the bus. They stopped to take some pictures on the steps of the GHS schoolhouse. The pictures came out great. Linda and I commented how nice it would be if that was where they were going to school since it was so close to home.

Our granddaughter, Sidney Chapman, started 6th grade in Gorham, N.H. She was elected to the Student Council after delivering a speech that she had written. Way to go, Sidney!

I got an e-mail from my nephew, Major Stephen McLain, III. He was at the National Book Festival in Washington, D.C. this past weekend. Stephen had a

chance to meet Buzz Aldrin and get him to sign his book, "Welcome to Mars" by Buzz Aldrin.

Our son, Tim, came down last Sunday to help Hugh replace some boards on the eaves of the house. They got quite the surprise when a face appeared from under the board. It was a bat and it was not too happy. They said it was bigger than most we have seen around here. We decided it was a Big Brown Bat instead of the Little Brown Bat. It fell to the ground, complaining all the way. They put it in a box and cautiously proceeded to remove another board. Sure enough, there was another one. That one flew off into the woods after showing some large teeth. Hugh and Tim then encouraged the other one to follow. I am glad they kept all this to themselves while it was happening!

Hugh and I headed for Berlin, N.H. last Sunday to attend the 25th anniversary of the Berlin & Coos County Historical Society. We had a great time and met some interesting people. Odette Leclerc, Curator and her husband, Don, were there and so was Raymond Daigle, Curator and Mill Historian. Ray has written a book entitled "Berlin Mills on the Androscoggin River." We also met Barry Kelley, from White Mountain Lumber Company. He enjoys history of the area so he bought a couple of the books that the GHS has published. He recognized me from my picture with the column in the Bethel Citizen. He knew several people from the Gilead and Bethel area.

Bethel Historical Society Annual Meeting

Jo Radner, past president of the American Folklore Society and the National Storytelling Network, will present "Yankee Ingenuity: Stories of Headstrong and Resourceful People." There's some truth to the image of traditional New Englanders as self-reliant, neighborly, and clever at making things work. They have a good dollop of boneheaded stubbornness, too. Jo Radner will tell smart, wry, witty, and moving stories of odd folks who did things their own way - and sometimes encountered hard realities. We may hear about a Mainer who proved the earth was flat, a crafty farmer who was outdone by an even craftier pig, a compulsive inventor from northern Maine who was knighted by Queen Victoria for a diabolical creation, and, perhaps, an autocratic father whose demands for pie led to new family strategies. So many different kinds of ingenuity!

Jo Radner lives in her family's home region, Western Maine, where she devotes herself to a second career of creating, gathering, and telling stories. She has performed stories at theaters, festivals, conferences, schools, and community events from Maine to Hawaii. She holds a PhD from Harvard University, taught at American University in Washington, DC, and has published books on the topics of drama, folklore, women's studies, Celtic studies, and New England social history.



Wilderness trail on the island through the meadow area. D. Bennett

Gilead Historical Society

Don't forget the GHS Annual Meeting this Saturday, Sept. 12 at noon at the Town Hall. This is open to the public. Just bring a food item to share for the pot luck lunch. A short meeting will follow and then a presentation entitled "Gilead Scenery, Scenes You May Not Have Seen."

Hugh and I sat out on the corner lot last Saturday with Mary Tyler. Things were pretty quiet until mid-afternoon.

While we were setting there, Mary happened to look up and noticed a Bald Eagle circling overhead. He went around a few times and then we spotted him again on the other side of Route 2 with at least three other smaller birds, about the size of a hawk. One of them seemed to fly toward the eagle as if attacking him. They kept that up until they got out of site.

Doug Beach from New Hampshire stopped by with some beautiful pictures of the buildings, both inside and outside. He had taken them last fall and wanted to drop off copies for us. They are safely in an album now.

A young couple stopped by to look at the buildings. While we were talking, they mentioned that they were at a camp on Route 113. She said that it was a camp that has been in the Klotzle family for years. Her grandmother was Ruth Jewett Klotzle. When she said that, I replied, then you are related to me. We began a rundown of family history and finally decided that we had the possible connection. I had a few pictures, in the archives at the schoolhouse, of some of her relatives that I shared with her. Contact information was exchanged and now the fun will begin to see what family history each of us has.

Got any news? Call 836-2987 or e-mail chapmal@hotmail.com.

Locke's Mills

By Amy Wight Chapman



After Blaine mentioned Greenwood native Addison Emery Verrill during

his talk about the history of the Richardson Hollow neighborhood at last week's Greenwood Historical Society meeting, Cathy Newell looked him up on line to find out more. Verrill, who was born in 1839, attended Harvard University and became quite a renowned zoologist. He was Yale University's first professor of

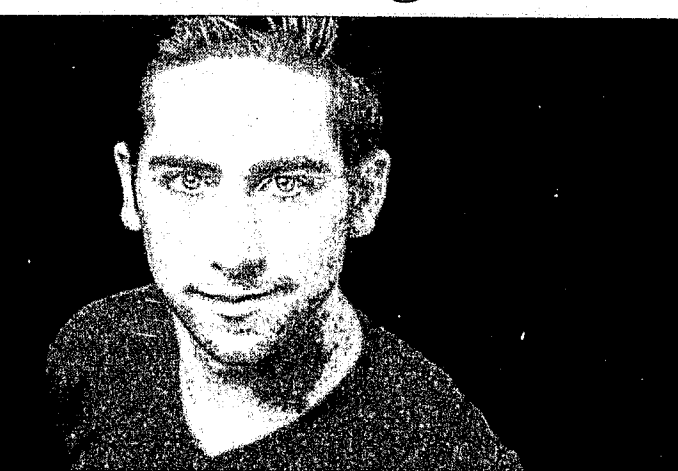
zoology and taught there from 1864 until he retired in 1907. There is even a medal named in his honor, awarded by Yale's Peabody Museum for achievement in the natural sciences.

In 2008, Stan Howe wrote a detailed article about Verrill for the Bethel Historical Society's newsletter, The Courier, which can be found on the BHS website, along with numerous other references to Verrill and his work.

Addison Emery Verrill has a Wikipedia page of his own, but after I noticed that he was not included in the list of "Notable people" on the Greenwood, Maine Wikipedia page, I created a Wikipedia account and added him - my first-ever contribution to Wikipedia!

I don't think anyone could have asked for more perfect weather for Labor Day weekend. It's always the traditional "farewell to summer" weekend, but I can remember many years when the weather has been more like fall than summer. We enjoyed a weekend of good food and good company on North Pond. I made whoopie pies one morning before it got too hot, and lots of summer salads, but forgot to pick the biggest watermelon from my garden to go with them, so it's still growing. I also did a lot of swimming and kayaking over the weekend, and hiked up Buck's Ledge early

Zurhorst chosen to attend prestigious British acting school



Carl Zurhorst.

Submitted photo

Carl Zurhorst, a 2010 graduate from Rumford's Mountain Valley High School has been selected as one of only 12 actors to attend the one-year International Master of Arts in Professional Acting program at England's Bristol Old Vic Theatre School starting in September.

Zurhorst has appeared in performances at MVHS, Lewiston-Auburn Community Little Theater and Lakewood Theater. He performed with City Lights North of Farmington and toured with that troupe in France. In 2004, Zurhorst was one of the local actors cast in The 12 Dogs of Christmas when it was filmed in Bethel. Zurhorst also was cast for the 2012 national tour of the musical, Damn Yankees, after auditioning just to gain experience.

Founded by the acclaimed actor, Sir Lawrence Olivier in 1945, Bristol Old Vic Theatre School, or "BOVTS", has produced many notable performers including Gene Wilder, Daniel Day-Lewis, Patrick Stewart, Jeremy Irons, Samantha Bond and Naomie Harris.

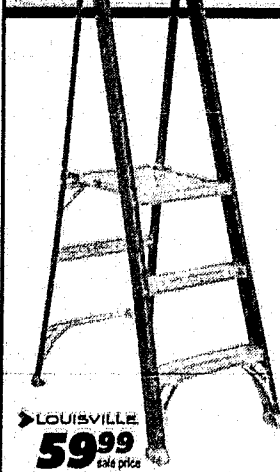
"The honor of being selected to attend Bristol

Old Vic is almost beyond belief. This really is a dream coming true. This is a once-in-a-lifetime opportunity for me to hone my craft and my passion," said Zurhorst who auditioned for BOVTS while completing the two-year acting program at The William Esper Studio in New York City and two years of voice and choreography instruction and performances with the Paper Mill Playhouse Broadway Show Choir in New Jersey. Zurhorst explained it hasn't been easy funding this dream, "I had counted on using a student loan to attend, but learned there was a recent US Department of Education policy change that made BOVTS ineligible to receive US student loans or financial aid. BOVTS is applying for reinstatement, but it that wouldn't come in time for this session and, because it's a conservatory, deferment wasn't an option."

Zurhorst, who also works as a bicycle courier and on-line concierge in New York City, didn't give up. "I started a GoFundMe crowdfunding campaign and looked for other options, and I'm overwhelmed by the support I'm receiving from my family, friends and even strangers. I want to send a huge thank you to everyone who's supported and helped."

Zurhorst leaves for England the third week in September but he'll continue his fundraising efforts to help pay back private loans he received. His GoFundMe page can be found by searching on-line for "carl zurhorst gofundme".

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one morning.

This week, my best friend, Donna, and I celebrated the 50th anniversary of the day we met, at the beginning of second grade. We grew up two houses apart in Milford, Conn., and she now lives in Portsmouth, N.H. She spends many weekends at camp with us in the summer, and we never go a day (and rarely more than a few hours) without being in touch. I have a blog post up about the beginning of our friendship on my website, amywchapman.com/reflections.

Betsy Foster shared an article about community solar farms with me and suggested it might be something we could do in Greenwood. Instead of being generated for individual homes, the power from the community solar farms goes directly to the grid and investors in the project receive credit to pay their electric bills. Revision Energy already has one such community project operating in South Paris and is hosting an informational presentation next Tuesday at 7 p.m. at the Memorial Chapel at Camp Mechuwana in Winthrop. I may try to attend to learn more.

E-mail your news to amy.w.chapman@gmail.com, leave a message at 875-5511, or contact me on Facebook.

Newry

By Doug Webster



With all the back and forth with the Newry withdrawal process and other local issues, I would like to take this time to thank all the community residents and taxpayers who have been working on both sides of the withdrawal process. I know I and others appreciate the extra time and effort put in by the committee members, especially when involved at this level. So no matter where you stand on the issues, I commend all citizens who join any town board or committee. Meeting a couple of times a month doesn't seem like much, but in these hectic times, it is hard to sacrifice any night. So hats off to all who make it happen.

Okay, back to business. At this week's Selectboard meeting, Dave Bonney, Newry's CEO, reported that the paving portion of the Letter S project is complete. With the extra money in the project budget, the town was able to get some extra roadwork paved, making for a total of approximately 2,100 feet of the outer Sunday River Road fixed and paved this summer. Great job, everybody. There will be some patching on what's remaining of the Sunday River Road. Hopefully it will get us through the winter. The Road Committee will meet again on Sept. 14. They will most likely have a plan for next year's town meeting explaining our options to finish the road.

The Planning Board Chair

(me) asked the Selectboard with whom the Planning Board should seek legal guidance with an interpretation of the town's Unified Development Review Ordinance. The Selectboard suggested starting with the Maine Municipal Association.

The SAD 44 negotiating committee has agreed to mediation to try to help come to terms on a withdrawal agreement with the Town of Newry. There are going to be some tough meetings ahead. Now that fairness is the core issue, it should be easier to find the right path forward.

I see that the School Board is going to have a transparency retreat. I wonder if they will tell us where it will be held.

Don't forget the annual Newry Craft Fair on Saturday, Oct. 31, at the Newry Grange Hall. Call the Town Office for more information.

South Woodstock

By Lolalee Dillingham



Monday, Labor Day, 3:40 p.m.
Just a quick column this week.

It's a very hot and humid day; the air conditioners are on with the floor fans circling the cool air throughout the house.

A great three day holiday, sold a lot of items in the garage sale, still have it set up for another weekend in September. Added a lot more to it with more items to set out.

Lolalee, Paula and Alan will be set up at the Antique Museum at the front of the fairgrounds on Community Day at the Oxford Fair for a three hour gig for those who like the older traditional country music. Alan will be bringing his banjo along with his guitar. Our friend, Kirk, will be doing some songs as well. We will be playing from 4 to 7 p.m. Bring a lawn chair as there are not any bleachers to sit on.

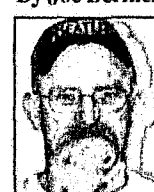
Come on down and join us for an evening of fun and there will be dancing on the hot top for those who care to shake a leg. Come join your friends, neighbors and family for an evening of fellowship and music.

Condolences to the families of Joe Turner, Arnold "Bud" Staples, Douglas C.S. Kurtz. Our thoughts and prayers to each member.

Well, that's all from the valley. Take care, enjoy your weekend.

Upton

By Joe Bernier



Labor Day Weekend
We've brought quite a few people to Upton. There are about 15 camps on Back Street. Seven or eight of them were occupied for some or all of the weekend. Very likely a large percentage of camps in other areas of town were also in use. The weather was as good as it gets for playing or relaxing.

Both the Letter B Notch Riders and the Upton Historical Society will have their

respective last meeting of 2015, Sunday, Sept. 20. They will each next meet in April of 2016.

The Upton Planning Board has meetings scheduled for September and October. They do not have scheduled meetings in November, December or January.

I put a game camera under one of the apple trees in my field about 50 feet away from my house. It was set up from Saturday afternoon until Monday mid-morning. It took pictures of my dog, Neil's dog, a turkey, a couple of coyotes and a small doe. A nice variety in just a couple days.

Back Street is still unacceptably rough. The road agent will have a tough time plowing it for the first few storms.

If I ever get my potatoes dug and my wood in put the woodshed, I may start snow dancing early. Just kidding.

Please call 533-2010 or e-mail backstjoe@gmail.com with your news.

Waterford

By Rockie Graham



It is Labor Day and I do not see all the parades and hoopla that I remember from childhood.

Around here no one pays much attention except that many stores are closed. Only drug stores, pharmacies and quick markets appear to be open. Students have the day off after only being in class a week or less. That is ok. We can deal with it.

It is time to say goodbye to Robin Hart. She leaves soon for Arizona to join daughter Becky, son-in-law Jeff and granddaughters Sarah and Shanna and begin a new phase of her life. She will be missed, especially by granddaughter Sadie. Her young daughter Rachel West and husband Josh threw a surprise party for her attended by son David Hart Jr., granddaughter Sadie Morin and boyfriend Dustin, David Sr. and yours truly. Josh cooked for all.

This may be a bit disappointed as I am not too organized today. Spent a half hour trying to get into my email account and it kept rejecting pass-

Brown Bag lunch program

On Tuesday, Sept. 15, the Western Mountains Senior College will sponsor a Brown Bag Lunch program, free and open to the public.

Last May a Brown Bag Lunch featured discussion about an upcoming exciting opportunity for the Bethel community. Amanda Moran, owner of Nabos in Bethel, and Meryl Kelly, executive director of the Local Food Connection, described their hopes for the Edible Bethel project and invited participants to offer ideas for making this unique project successful.

Since then, Edible Bethel has found noteworthy success, feeding people from the gardens - and from other gardeners' surplus produce - and generating money for the Bethel Food Pantry. Next week's session will provide an update and a forum for more suggestions.

Interested community members should meet at 12:15 at Nabos. We will walk down Main Street to see what's been happening with the project and end up at Cathi DiCoco's for lunch (bring your own) and discussion. Please contact Nancy Davis if you plan to attend (nancydavis.bethel@gmail.com or 381-1110) - and don't forget your lunch!

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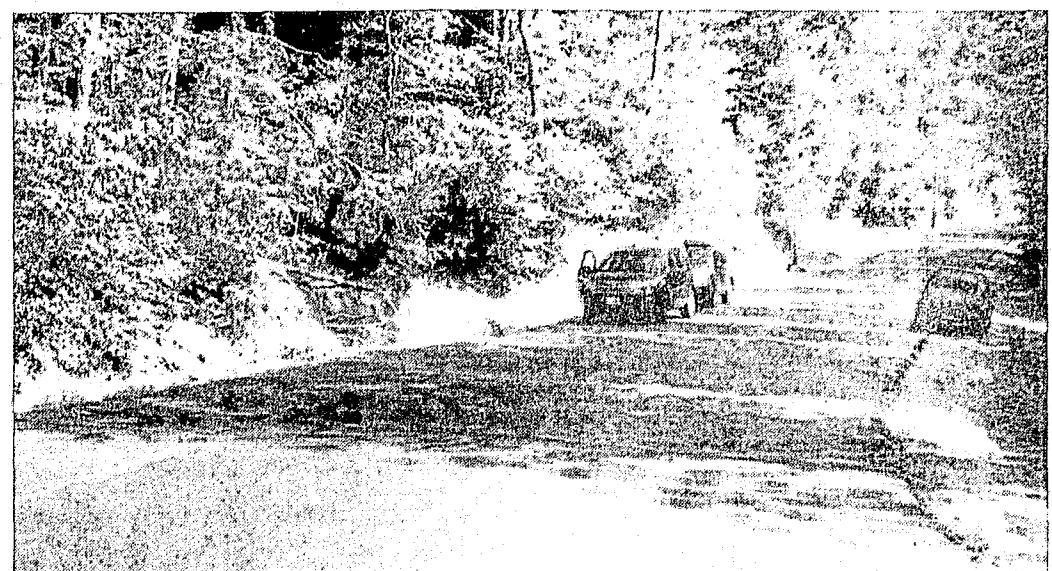
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Enjoying the sun and cool water at the Letter S pool on Sunday. Woman sitting on the ledge called over to me about what a beautiful day it was there.
D. Bennett



A look at the new paving job at Letter S pool area and the lengthy parking lane which looks like at least 10 cars can park there at one time. (See Bennett Bethel column.)
D. Bennett

words. Guess I need help. HELP. For now I am just in my rockhead1 account.

Saturday, Sept. 12, a change to what I said last week. There will be a different comedian at the Mountain Valley Lyme Disease Awareness Coalition 4th Annual Conference, at Telstar High School on Sept. 12. It is now confirmed that we will have the honor to have Birdie Googins, aka the Marden's Lady as a speaker and to lighten the mood of the day. The conference starts at 9 a.m. There is a \$10 donation requested but not mandatory to help pay for the event. Come and listen to experts speak about Lyme disease and its ramifications. Visit with other Lymies who will understand what it is you

are experiencing. FMI and to register please e-mail mtvalleydac@yahoo.com. Those coming from a distance can arrange special accommodations through the Bethel Area Chamber of Commerce 824-2920 for assistance.

Sept. 12 at 10 a.m. at the Alan Day Community Garden (ADCG), there will be gourmet cooking with Anna Sysko and Kim. Enjoy learning and eating what you cook.

Later in the day at ADCG there will be a harvest party. Bring your best and share with others. FMI 743-2423.

Sunday, Sept. 13 at 4 p.m. Mountain Poets meet and share and read their work. Anyone can join. FMI 743-9808 or 743-0583.

Monday, Sept. 14, 6:30 to 8:30 p.m. at Waterford Library, Socrates Café. The topic is: Are We Really the Masters of Our Fate. Moderator is: Jim Kearney. FMI call 583-6957.

Thursday, Sept. 17, Norway Library, there is a Self-Publishing Workshop from 6:15 to 8:30. Jane Karker own

and president of Maine Authors Publishing and Cooperative and Custom Museum Publishing Inc. will address ways to affordably produce, publish, and market books for self-published authors. Participants will find out how to get the technical assistance they need. FMI and registration call: 743-5309 or visit www.norway.lib.me.us.

On Sept. 19 in Bridgton, AARP will host a Smart Driving class from 9 a.m. to 1:30 p.m. at Brighton Community Center, 15 Depot Street. Advance registration is requested by Sept. 11 as class size is limited. This is a great defensive driving class that pays special attention to adjustment necessary for seniors. Fee is \$15 for AARP members and \$20 for others. To register call BCC at 647-3116.

That is all for this week. If you have anything you want me to add for you call 743-0583 by Monday a.m. Have a great week and try to stay hydrated.

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Sports



High School Boys/Girls Soccer

Telstar 5, Dirigo 0; Sept. 5 - The Telstar Rebel Soccer team opened up their season at home with an impressive 5-0 win over Dirigo. The first half of the game was an evenly matched battle between the Rebels and Cougars. Zack Stone scored the lone goal of the first half on a penalty kick. The rebels made some adjustments at half and that allowed Avry Griffin to break into the backfield and score 4 goals. Getting credit for assisting Avry were Kellen True, Josh Eliot, and Zack Stone. Tanner Wheeler was solid in the goal stopping everything Dirigo shot at him. "The team played well today, all around. They worked together to move the ball and made the adjustments we discussed at half to open the game up. Our front line had the speed and we were able to feed them some good passes. Our defense, led by Willis Stevens, was able to fight off Dirigo's attack. When they did break through Tanner made the saves in goal." - Coach John Eliot

Lisbon 5, Telstar 0; Sept. 8 - The Rebel soccer team lost a tough game at Lisbon 5-0. The Greyhounds controlled the ball most of the game and their defense proved to be difficult for the Rebel offense. "Well, if you came to this game you would swear this was not the same team that beat Dirigo on Saturday. They seemed to struggle with everything and couldn't catch a break anywhere on the field. Playing at Lisbon has always been tough, but we are going to see even better teams, so we need to learn from our mistakes and move forward. We host Monmouth on Friday at 4 and they are a team I expect to be better than Lisbon." - Coach John Eliot

School Lunch Menu

SAD 44 School Lunches Sept. 10-18

Elementary Schools

Thursday: Maxx cheese sticks, dipping sauce, fruit and salad bar or sun butter and jelly.

Friday: Shepherd's pie, dinner roll, fruit and salad bar or sun butter and fluff.

Monday: Cheeseburger, sweet potato fries, fruit and salad bar or sun butter and jelly.

Tuesday: Mac and cheese, ham slice, fruit and salad bar or sun butter and jelly.

Wednesday: Pizza, fruit and salad bar or sun butter and jelly.

Thursday: Roast pork and gravy, mashed potato, dinner roll, fruit and salad bar or sun butter and jelly.

Friday: Pancakes with syrup, sausage patty, fruit and salad bar or sun butter and fluff.

Telstar

Thursday: Maxx sticks with dipping sauce, cuke slices, tropical fruit.

Friday: Shepherd's pie, green beans, dinner roll, homemade blueberry crisp.

Monday: Cheeseburger on a wholegrain bun, sweet potato fries, broccoli, fresh fruit choices.

Tuesday: Mac and cheese with ham slices, corn bread, green beans, chilled peaches.

Wednesday: Make your own pasta bar, green salad, 4-bean salad, blueberry parfait.

Thursday: Roast pork and gravy, mashed potato, cinnamon roll, peas, banana.

Friday: Pancakes with syrup, ham hash, cinnamon applesauce.

*All meals include salad bar.

**Available Daily: Pizza, hot and cold sandwiches, salads, Smart Snacks.

Telstar fall sports preview

(from Sun Media)

Football

Coach: Lou Brann (first year)

Returning players: Seniors — Calvin Glover (RB/LB), Fabian Corriveau (C/LB), Dakota Merrill (G/LB), Devin Merrill (SE/LB), Jack Connell (slot/S); Junior — Elijah Mason (QB/DE); Sophomores — Brett Hastings (RB/QB/CB), Aaron Vermette (RB/SE/CB).

Key losses: Ryan Vail (C/DT), Noah Rose (TE), Chris Chappie (FB/DT), Zach Wheeler (G), Mike Dougherty (slot/SE).

Promising newcomers: Sophomores — Caleb Merrill (G/DT), Toby Leighton (T/DE), Bobby Scitte (FB/LB/DB), Austin Corriveau (G/LB); Freshmen — Dale Leighton (TB/DB), Joe Scitte (QB/CB), Brad Lessard (TE), Tommy Watson (TE).

Season outlook: Telstar progressed from zero to one to two wins in its first three seasons as a varsity program. Then the Rebels endured a strange 2014 campaign. The lone victory was a forfeit over Traip that the Rebels lost decisively on the field. In the aftermath, the team elected to forfeit a resulting playoff berth. Brann moves up after one year as an assistant at Telstar and several on the staff at Dirigo. He has installed the Delaware Wing-T with Mason under center and many interchangeable parts around him. The Rebels only have 18 players, so strength and conditioning will be crucial. They have practiced accordingly in preseason in hopes of developing those areas. Many young players will be pressed into on-the-job training. Still, the Rebels believe they have what it takes to pull off a surprise or two and sneak into the playoffs. The upperclassmen agree they won't pass up that invitation.

Field Hockey

Coach: Gail Wight

Returning players: Seniors — Becca Howard (F), Mariah Millett (M), Octavia Morin (F), Hayley Peterson (M), Savannah Vermette (D), Olivia York (M); Juniors — Natasha Hart (F), Wynter Morin (M), Sierra Ryerson (M).

Key losses: Sadie Ellsworth, Annie Cushman, Meg Glover, Katie Merrill, Savannah Laird, Jillian Thielbar.

Promising newcomers: Seniors — Blair Stevens (G), Kelsey Hurlbert (M); Juniors — Taylor Merrill (M), Sierra Ryerson (M); Sophomore — Kaiya Corriveau (F); Freshmen — Sarrahanne Wright (M), EmaLee Harrington (M), Crystal Chapman (M).

Season outlook: The Rebels are without a few key players from a year ago, but the core group remaining has some good skill. The Rebels may be playing catch-up a bit early in the season not having played summer ball, but don't think they'll be down for very long.

Boys/Girls Soccer

Coach: John Eliot

Seniors: Calob Wilday, Ashley Savage, Shannon Alanskas.

Juniors: Avry Griffin, Willis Stevens, Kellen True, Zack Stone, JHaken Chartier, Josh Eliot, Tanner Wheeler, Elijah Laird, Alec Fowles, James Newkirk, Maggie Bergeron, Mike Laforte.

Sophomores: Boston Ludden, Zack Hill.

Freshmen: Joe Dillon, Tristen Lilly, Kaitee Killam.

Manager - (Jr.) Dharma Damon

The Rebels return to the field this year with eyes on a playoff spot. "Our goal is to improve our game and earn a spot in the playoffs. The competition in the MVC will be tough, but if we keep working hard we should surprise some teams. I am confident that if we play our game we will be competitive and meet our goals." Coach John Eliot

Golf

Coach: Jim Lunney

Returning athletes: Seniors — Reggie Westleigh, Hunter Williamson, John Walker; Sophomore — Russell Cushman.

Key losses: None.

Promising newcomers: Freshman — Toby Walker.

Season outlook: The Rebels hope to improve as the season progresses. Cushman looks to show much improvement from summer play. Westleigh and Williamson hope to improve on last season's scores and depth to the Rebels roster.

Cross-Country

Coach: Willow Ochtera

Returning athletes: Seniors — Kaitlyn Brown, Carla Boyle-Wight.

Key losses: Gabi Stone.

Promising newcomers: Sophomores — Gaelan Boyle-Wight, Marta Opie Freshmen — Emily Hanscom, Bethany Laird, Ricco Call.

Season outlook: The seniors have real potential this year. The Rebels have some new runners that show a lot of promise.



Telstar goalkeeper Blair Stevens kicks away a shot by a Boothbay player in last Friday's field hockey matchup in Bethel. The Rebels fell 3-1. Stevens had 12 saves and Octavia Morin scored the Rebels' only goal. A. Aloisio

MLT: "This is your drinking water"

The September event in the Mahoosuc Land Trust's 2015 speaker series will be "This Is Your Drinking Water." The presentation will begin at 7 p.m. on Wednesday, Sept. 23; it will be held at McLaughlin Auditorium on the Gould Academy campus.

The presentation comes in response to a survey of members and friends of the Land Trust in early 2015, where water quality emerged as a common interest. Speaking first will be Laurel Jackson, a water resources specialist at the Portland Water

District. She has led events around the Sebago Lake watershed, which encompasses 450 square miles extending from Standish to Bethel. The Portland Water District is engaged in watershed protection and was a partner in a recent conservation easement in Albany which helped ensure clean water for the people of Maine.

To expand Ms. Jackson's presentation, a representative will be present from the Bethel Water District to focus on local water sources.

The Mahoosuc Land Trust is an accredited community land trust encouraging public interest in conservation in central Oxford County and eastern Coos County, N.H., supporting a balance of growth and conservation and emphasizing sustainable and traditional land uses. For more information, visit www.mahoosuc.org or call 207-824-3806.

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Succession planning for family-owned lands

On Tuesday Sept. 15, 5 to 6:30 p.m. at the Norway Public Library, the Western Foot-hills Land Trust is offering a program by Rich Merk, Treas-urer of the Small Woodlot Owners Association of Maine (SWOAM). Rich will lead a thought provoking discus-sion on succession planning for Maine land owners. Many landowners are of "a certain age," or nearly so, and may realize that they need to plan for the future of their lands and other inheritance is-sues, but don't know where to start. Rich, who helped craft SWOAM's most recent publi-cation, The Succession Plan-

ning Handbook, can help.

The Book is thoughtfully as-ssembled and beautifully fin-ished and is a valuable tool in helping landowners provide for the future of their land. In addition to valuable informa-tion on succession planning, the handbook includes seven worksheets to help landown-ers record essential elements used in succession planning, including a personal balance sheet, a values and goals worksheet, elements of a suc-cessful family meeting, and recommendations on your advisory team. Copies of the handbook will be available for sale at \$15.

SMH Offers Living Well for Better Health

Stephens Memorial Hos-pital and the MaineHealth Learning Resource Center are pleased to offer Living Well for Better Health. This is a Nationally Recognized, interactive workshop series held for two hours, once a week, for six weeks. Adults with any kind of health con-dition such as diabetes, heart disease, arthritis, depression, weight concerns, or any other ongoing health problem can attend. Family members or friends are encouraged to at-tend as well.

Join Robin Green, LSCW and Sharon Nightingale to learn new ways to deal with issues such as fatigue, pain, anxious feelings, sadness or depression. You'll also learn appropriate exercises for maintaining and improving strength, flexibility, and en-durance, how to eat healthi-er, how to evaluate new treat-ments, how to be a member of your healthcare team, how to set goals, plan for your fu-ture, and much more. Coffee and muffins will be provided.

Workshop will meet on Mondays, Sept. 14 to Oct. 19, 10 a.m. to 12 p.m. at the Har-per Conference Center in the Ripley Medical Office Build-ing. Registration is required. There is no cost for this pro-gram. For more information or to register call please call 743-1562 ext. 6896.

Stephens Memorial Hospi-tal is a Leapfrog 2014 Top Ru-ral Hospital and is a member of MaineHealth. Visit West-ern Maine Health on the In-ternet at www.wmhc.org or follow us at Facebook.com/StephensMemorialME.

Garden to Gourmet workshop at Alan Day Garden



Saturday, Sept. 12 the Alan Day Community Gar-den is offering a free Gar-den to Gourmet cooking Workshop 10 a.m. to noon and Potluck Harvest Party noon to 2 p.m. You are in- vited to celebrate the year of growing food, youth leaders, community sup-ported agricultural shares (CSA) and community building. Everyone is wel- come to join the delicious and fun cooking class with

gourmet caterers Anna Sysko and Kim Hamlin making food and stay for the party afterwards, see the beautiful gardens and enjoy connecting with others creating a healthi-er community together. There will also be a Food Forest work party from 10 a.m. to 4 p.m. where you can see and help cul- tivate the fruit and nut trees, berries and peren- nial plants that will be pro-

ducing food in the future. It is going to be a full, fun and productive day at the community garden and we hope you will come! The Alan Day Commu-nity Garden is located at 26 Whitman Street, Norway just down the street from Ari's Pizza. If you have any questions check out our website: www.alandaygar-den.wordpress.com, our Facebook page or call Kat- ey Branch at 890-9622.

MLT: Great Maine Outdoor Weekend

The Mahoosuc Land Trust will again participate in the Great Maine Outdoor Week- end, a statewide event that invites folks to "come play outside," Sept. 26 and 27.

Three events will be offered on Saturday, Sept. 26. All participants are asked to meet at the Mahoosuc Land Trust Of- fice on Mayville Road (next to Crossroads Diner) at 10 a.m. that morning. From there you can choose one of three activities of varying physical impact: (1) a hike of moder- ate difficulty to Buck's Ledge in Woodstock; (2) a paddle around Songo Pond in Al- bany featuring a Land Trust conservation easement; or (3) a guided visit to the solar array at Mt. Abram.

Please bring appropriate footwear, water and clothing layers if you plan to hike, and a canoe or kayak if you plan to paddle. Following the ac- tivities, all three groups and anyone in the community that is interested will meet back at the Land Trust Office for a cookout. Hot dogs, ham- burgers and drinks will be provided; please bring a pic- nic dish to share.

While all this is happening, the Land Trust's Art Show will open at the Mahoosuc Land Trust Office on May- ville Road. A display of work by local photographers, ar- tists and writers will be on view, celebrating the unique beauty of our area beginning at 11 a.m.

A final weekend event will be a full-moon sunset walk along the wind tower ridge in Roxbury on Sunday, Sept. 27. Hikers will meet at 5:30 p.m. at the lower Wagner Forest gate and carpool to the upper gate where the hike will be- gin. Please bring a flashlight or headlamp. Directions are as follows: From Andover, follow Route 120 east. 1.8 miles after 120 takes a sharp right onto Maine Street in Roxbury, you will see Mine Notch Road on the left. The gate should be open and a small building will be visi- ble. If you come to Horseshoe Valley Road you've gone too far. From Rumbold, follow route 120 for approximately 9 miles. Mine Notch Road is less than 100 yards from the Roxbury salt and sand shed, on the right. If you see Gal- lan's Furniture you've gone too far.

The Sunset Hike will take place only if the night is clear; if you are unsure, please call 824-8580 before 4:30 that after- noon.

Whatever your choice of ac- tivity, the Land Trust hopes that you'll make one or more of these events part of your weekend. To learn more about Great Maine Outdoor Weekend, go to greatmaine-outdoorweekend.org.

Photo-Art-Writing celebration

The Mahoosuc Land Trust is looking for those special pho- tographs, original art works or written works that express the natural beauty of "Your Backyard, the Mahoosuc Re- gion." We will be display- ing all entries and having a Grand Showing on Saturday, Sept. 26 from 11 a.m. to 3 p.m. at the Land Trust Office as part of the Great Maine Out- door Weekend.

Last year's first Art Cele- bration of the Land Trust's 25th Anniversary was a huge success with over 50 entries. Many of the artists were de- lighted to have a place to ex- hibit their art and contin- ued to bring art in during the year to display in the of- fice. Parents and grandpar- ents, please take note of the K-12 student categories and encourage community chil-

dren to participate in the cel- ebration.

There will be prizes for pho- tographs, original art, and written works in three age categories (12 and under; 13- 18 and 19+). There is a \$10 do- nation entry fee for the oldest age group.

Entry details: Photos should be matted at a minimum and may be framed. Original art should be exhibit ready. Stor- ies should be one typed page (max) and attached to a stiff backing. Entries should be dropped off at the Mahoosuc Land Trust Office by Friday, Sept. 18. Mail entries are also accepted. Entrants are wel- come to sell their submis- sions at the show. More de- tails on www.mahoosuc.org.

The Mahoosuc Land Trust is an accredited commu- nity land trust encouraging public interest in conserva- tion in central Oxford Coun- ty, Maine, and eastern Coos County, N.H., supporting a balance of growth and con- servation and emphasizing sustainable and traditional land uses. For more informa- tion, visit www.mahoosuc.org or call 207-824-3806.

Norway Memorial Library Self-Publishing Workshop

Norway Memorial Li- brary announces a free workshop for authors in- terested in getting their work self-published on Thursday, Sept. 17, 2015, 6:15 to 8:30 p.m. Jane Kark-

er, owner and president of Maine Authors Publishing & Cooperative and Custom Museum Publishing, Inc., will address ways to af- fordably produce, publish, and market books for self-

published authors. This workshop will outline some of the options, both traditional and nontra- ditional, including what is offered locally. Partic- ipants will find out how to get the technical as- sistance they need and about the many types of or- ganizations, printers, and publishers that work with Maine authors. To regis- ter or for more informa- tion, please call the library at 743-5309 or visit the li- brary's web site at www.norway.lib.me.us.

Bike Maine to visit North Waterford Church

On Tuesday, Sept. 15, the North Waterford Church (Route 35, opposite Melby's Eatery) will host a lunch for participants in BikeMaine 2015, and event offered by the Bicycle Coalition of Maine. Between 10:30 and 1:00, the 365 participants in this year's event will stop for a healthy and local-sourced lunch of tossed salad from church members' gardens, finger rolls freshly made by Melby's Eatery, apples from Pie Tree Orchards, and home-made cookies and bars. Members of the community are invited to come to mingle with the bikers, and community and civic groups are welcome to set up tables or displays to inform riders about the area; for more information, call 583-2822. The event will occur rain or shine. Welcome to BikeMaine!

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COMMUNITY CALENDAR

District Exchange; Bethel Park, 23 Mason Street, Bethel. Hours: Monday 1 to 4 p.m., Thursday 4 to 6 p.m., Saturday, 10 a.m. to 12 noon. Donations of gently-used clothing only accepted during open hours - No exceptions. FMI: 824-4090. Clothing may also be left at Northeast Bank, Main Street, Bethel Monday through Wednesday, 9 a.m. to 4 p.m.; Thursday and Friday 9 a.m. to 5 p.m.; and Saturday 9 a.m. to 12 noon.

Bethel Area Food Pantry; serving the residents of Albany, Andover, Bethel, East Bethel, West Bethel, Bryant Pond, Gilead, Greenwood, Hanover, Locke's Mills, Mason Township, Newry, Upton and Woodstock. The Food Pantry is open on the second Monday of each month from noon to 8 p.m. Anyone in need of food should come during those hours, without appointment. The Food pantry is located in the basement of the Nazarene Church, 16 Church Street, Bethel, by the side entrance on Park Street.

Sept. 10 and 17

First Aid and CPR; 6 to 10 p.m., Bethel Family Health Center with instructor Jeannine Thornton. CPR includes: adult, child and infant CPR, and obstructed airway. First Aid includes: burns, controlling bleeding, broken bones, poisoning, soft tissue, heat & cold exposure, and bandaging. You will receive 2 year certificates for both First Aid and CPR.

Limit 6. \$50 per person. FMI/Sign-up: <http://sad44.maineadulted.org/> or call 824-2136 ext. 1340.

Thursday, Sept. 10

Adventures in the Amazon Jungle Program; 2 p.m., Whitman Memorial Library, Bryant Pond. David Shaw will be telling about his adventures in the Amazon region of Brazil, showing slides and artifacts. This includes working with pastors of Brazilian churches, fishing for piranha, hunting alligators and visiting a water buffalo farm. Come and learn about a totally different way of life. The program is open to the public at no charge and light refreshments will be served.

Bethel Historical Society Annual Meeting; 6:30 p.m. potluck supper, followed by 7:30 p.m. meeting. During the meeting, which is also open to the general public, officers and trustees for 2015-2016 will be elected and the Noll Volunteer Service Award will be presented. Following the "official" ceremonies, folklorist and oral historian Jo Radner of Lovell will present "Yankee Ingenuity," a collection of stories of headstrong and resourceful people.

"Two Worlds: Scherenschnitte, Past and present" Opening Reception; 6:30 p.m., West Paris Library. This is a display of works by artist Clara Lamers, of a traditional folk art with many ethnic variations. FMI: 674-2004.

Birds on a Wire; 7:30 p.m., Brick Church for the Performing Arts, Christian Hill Road, Lovell. Tickets are available at the door: Adults/\$10, children 12 and under, \$5. Refreshments will be served. FMI: www.lovellbrickchurch.org or 925-1500.

Friday, Sept. 11

Harvest Supper; 5 to 6:30 p.m., Lovell UCC, Route 5, Center Lovell. Corned beef, cabbage, beets, carrots, potatoes, turnip, bread, pie, coffee, lemonade. Adults/\$10, kids under 12/\$4.

Saturday, Sept. 12

Yard and Bake Sale; 8 a.m. to 12 p.m., Locke's Mills Union Church.

4th Annual Lyme Conference; 9 a.m., Telstar High School, Bethel. A \$10 donation at the door is appreciated. Opening remarks by State Rep. Deb Sanderson followed by Dr. Bea Szantyr's "Lyme Basics, Tick Talk," a satellite discussion with Dr. Alan MacDonald, humorist Birdie Googins (the Marden's Lady), Dr. Charles Ray Jones speaking about Lyme Disease and kids, and closing remarks by Sharon Rose Vaznis. FMI/pre-registration: mtvalleydac@yahoo.com.

Garden to Gourmet Workshop/Potluck Harvest Party; 10 a.m., Alan Day Community Garden, 26 Whitman Street, Norway. You are invited to celebrate the year of growing food, youth leaders, community supported agricultural shares (CSA) and community building. Everyone is welcome to join the delicious and fun cooking class with gourmet caterers Anna Sysko and Kim Hamlin making food and stay for the party afterwards. FMI: Katey Branch (890-9662).

Texas Hold'em Tournament; Doors open at noon, games begin at 1 p.m., Jackson-Silver Post 68, American Legion, 595 Gore Road, Locke's Mills. \$50 buy-in, \$5 license, 50/50, pull tabs, high hand ticket option. Food and beverages available. Air conditioned and spacious. FMI: Ray (875-2375 or 890-3737).

Oxford Hills Honey Bee Club Workshop; 1 p.m., Oxford County Extension Center, 9 Olson Road, South Paris. Q&A forum pertaining fall management, preparing and medicating bees for winter. Weather permitting there will be an open hive, so bring your veils. FMI: Kevin (farrout@roadrunner.com) or mainehoneybees.com.

Telstar Class of 1970 45th Reunion; 2 p.m. at the home of Andre and Flossie Bernier on Sierra Drive in Rumford. Bring a chair, beverage and a dish to share. FMI: Linda Stowell (lstownell@roadrunner.com) or the Berniers (stumpy122550@gmail.com).

Jones Dance Band; 7 to 10 p.m., Legion Hall, Church Street, South Paris. Old-fashioned dance music. Adults/\$5.

Swingin' Bears Square Dance; 7 to 10 p.m., Oxford Hills Middle School Cafeteria, 100 Pine Street, South Paris. Caller and cuer will be husband/wife team, Kip and Linda Moulton of Scarborough. Admission: \$7 per person, non-dancers invited at no charge. Door prizes, 50/50 drawing. Refreshments will be served.

Waterford World's Fair Dance with Cold Blue Steel; 8 p.m. to midnight, Waterford World's Fairgrounds, 36 Green Road, Waterford. This is a 21+ event. BYOB, \$10 per person. FMI: Lisa Scribner (890-7669).

Sunday, Sept. 13

Yoga with Wendy; 4:30 to 6:30 p.m., Crescent Park School Music Room, Bethel. Cultivate health, balance and well-being for your body, mind and spirit with Moderate Kripalu Yoga. Classes are \$12.00 drop-in fee per class. Please bring a yoga mat and blocks if you have them. Instructor: Wendy Youmans.

Sept. 14, 21 and 28 and Oct. 5, 12 and 19

Living Well for Better Health Workshops; 10 a.m. to 12 p.m., Harper Conference Center, Ripley Medical Office Building, Norway. Join Robin Green, LSCW and Sharon Nightingale to learn new ways to deal with issues such as fatigue, pain, anxious feelings, sadness or depression. There is no cost for this program, but registration is required. FMI/Registration: 743-1562 ext. 6896.

Monday, Sept. 14

Essentials of College Planning for adults 19 and over; 10 a.m., Western Maine University and Community College Center, South Paris. FMI/Registration: 1-800-281-3703 or <http://meoc.maine.edu>. Free and open to the public.

College Transition Math Class Begins; Mondays and Wednesdays, 5:30 to 8:30 p.m., MSAD 44 Adult Education Learning Center. Instructor: Lois Ruff. This 12 week course helps prepare you for the Accuplacer test and for college math. Limit 8. \$60 per person.

FMI/Sign-up: <http://sad44.maineadulted.org/> or call 824-

2136 ext. 1340.

SAD 44 School Board Meeting; 6:30 p.m., Telstar Library.

Socrates Café; 6:30 to 8:30 p.m., Waterford Library. Are We Really The Masters Of Our Fate? Moderator: Jim Kearney. Light refreshments and coffee available. FMI call 583-6957.

Bethel Selectmen's Meeting; 7 p.m., Bethel Town Office.

Tuesday, Sept. 15

Brown Bag Lunch; 12:15 to 1:30 p.m., Nabos, Mechanic Street, Bethel. "Edible Bethel Part 2" with Amanda Moran and Meryl Kelly. An update to follow up on the May Brown Bag discussion, a walk-about down Main Street ending with lunch at Cathi Dico's (bring your own). Rain date: Friday, Sept. 18. FMI/Reservations: Nancy Davis (nancydavis.bethel@gmail.com or 381-1110).

Look Good, Feel Better; 6 to 8 p.m., Stephens Memorial Hospital, 181 Main Street, Norway. What is the latest weapon available in the fight against cancer? For women participating in the Look Good, Feel Better program, the weapon of choice is a makeup brush. The program offers support for women experiencing appearance-related side effects of cancer treatment. During each free session - facilitated by licensed cosmetologists who volunteer their time - attendees receive instruction on makeup application and skin care, as well as suggestions for wearing wigs, scarves and other items. All attendees receive a complimentary makeup kit, and participants are never asked to buy anything. Pre-registration required. FMI: PattiAnn Douglas (744-6173).

Sept. 16 and 23

Swingin' Bears Square Dancing Classes; 6:30 to 7:45, lessons; 7:45 to 9, workshops for various levels (\$4 per person per workshop). Club caller, Ray Hilton of Saco, will be teaching. FMI: swinginbears.square dancedance.us.

Thursday, Sept. 17

Self-Publishing Workshop; 6:15 to 8:30 p.m., Norway Memorial Library. Jane Karker, owner and president of Maine Authors Publishing & Cooperative and Custom Museum Publishing, Inc., will address ways to affordably produce, publish, and market books for self-published authors. This workshop will outline some of the options, both traditional and nontraditional, including what is offered locally. Participants will find out how to get the technical assistance they need and about the many types of organizations, printers, and publishers that work with Maine authors. FMI/Registration: 743-5309 or www.norway.lib.me.us.

Friday, Sept. 18

Gen207 "Ask Me (Almost) Anything" Forum; 6 p.m., Whitman Memorial Library, Woodstock. Ask your questions about politics, current events, etc. Speakers include State Senator Eric Brakey, Maine College Republican Vice Chair Abby Bennett and State Legislative Aide Ryan Lorrain. If you can't make it, live tweet your questions #Gen207.

Saturday, Sept. 19

Rug-Hooking Demonstration; 10 a.m. to 12:30 p.m., Bethel Historical Society's Moses Mason House. Several local women will be demonstrating various rug-hooking techniques, and visitors will have the opportunity to give it a try. A small exhibit of hooked rugs from various periods will also be on view.

Illustrated Book Talk; 1:30 p.m., Bethel Historical Society's Moses Mason House. Author, antique dealer, and rug hooker Judith Burger-Gossart of Salisbury Cove will present an illustrated talk about her recently published book, Sadie's Winter Dream: Fishermen's Wives and Maine Sea Coast Mission Hooked Rugs, 1923-1938. The book, which will be available for purchase, recounts the story of how impoverished fishermen's wives on the coast of Maine had their lives transformed by Sea Coast Mission worker Alice Peasley, who taught them to make hooked rugs and then sold the rugs to aid these struggling families.

Public Roast Pork Supper; 5 to 6 p.m., VFW Post 9787, 58 Lower Main Street, South Paris. Adults/\$8, kids 12 and under/\$4.

Jones Dance Band; 7 to 10 p.m., Legion Hall, Church Street, South Paris. Old-fashioned dance music. Adults/\$5.

Sunday, Sept. 20

Finnish-American Heritage Society Meeting; 2 p.m., 8 Maple Street, West Paris. Following a short business meeting, Tamara Cohen will present a program about Finland's "love affair" with coffee. Finns are the people with the highest consumption of coffee in the world, at more than 26 pounds per person per year. The public is invited to attend and share the coffee table. We will be brewing some of Finland's more popular brands!

AWANA Kick-Off; 6 p.m., Pleasant Valley Bible Church, Flat Road, West Bethel. Doug Twitchell from South Paris will be there with his amazing puppet ministry. Join us to find out what Awana is all about. All current Awana clubbers and parents are encouraged to attend and bring a friend! FMI: 824-2037.

Tuesday, Sept. 22

Newry Selectmen's Meeting; 5 p.m., Newry Town Office.

Thursday, Sept. 24

Stroke Management Seminar; 1 to 2:30 p.m., West Paris Library. A long-distance learning seminar presented by SeniorsPlus on the signs, symptoms, management and prevention of stroke with physical therapist Amanda Carroll. Free with pre-registration - call 1-800-427-1241.

CPR Recertification; 6 to 9 p.m., Bethel Family Health Center with instructor Jeannine Thornton. Includes: adult, child, & infant CPR and obstructed airway. You must bring your current certificate. 2 year certificate. Limit 6. \$40 per person. FMI/Sign-up: <http://sad44.maineadulted.org/> or call 824-2136 ext. 1340.

Friday, Sept. 25

AWANA Club Begins; 3:30 to 5 p.m., Pleasant Valley Bible Church, Flat Road, West Bethel. Children can take the bus from school. Ages 3 years through 8th grade. FMI: 824-2037.

Saturday, Sept. 26

Public Supper; 4:30 to 6:30 p.m., VFW Post 9787, 58 Lower Main Street, South Paris. Casseroles, etc. Adults/\$8, kids 12 and under/\$4.

Jones Dance Band; 7 to 10 p.m., Legion Hall, Church Street, South Paris. Old-fashioned dance music. Adults/\$5.

Monday, Sept. 28

Essentials of College Planning for adults 19 and over; 10 a.m., Western Maine University and Community College Center, South Paris. FMI/Registration: 1-800-281-3703 or <http://meoc.maine.edu>. Free and open to the public.

Tuesday, Sept. 29

Rock Hounding in Maine; 4:30 to 6:30 p.m., McLaughlin Auditorium, Gould Academy, Bethel. Jim Mann presents a program on what the aspiring rock hound might find in

Maine and why it is here. If you have a mystery or "pet rock" that you would like to know more about, bring it with you to show Jim. FMI: Amy Chapman (amy.w.chapman@gmail.com) or Ellen Marshal (ellensmarshal@gmail.com or 824-2643).

Wednesday, Sept. 30

Community Supper (No Charge); 4:30 to 6 p.m., Bethel Alliance Church, 251 Walker's Mills Road (across from Telstar parking lot). Call 207-824-2289 for more information.

Substitute Teacher Training; 6 to 8:30 p.m., Telstar High School, Room 133. This one night workshop is designed to help you understand what is needed to be a successful substitute teacher in the M.S.A.D. #44 school district. Substitute teaching is a great part-time job, but helps to know a few things before you start. We will cover administration details, resources, classroom management techniques, and other issues. Both current and aspiring substitute teachers are welcome.

Oct. 1 and 8

CPR Certification; 6 to 9 p.m., Bethel Family Health Center with instructor Jeannine Thornton, Adult, child, & infant CPR, and obstructed airway. 2 year certification. Limit 6. \$50 per person. FMI/Sign-up: <http://sad44.maineadulted.org/> or call 824-2136 ext. 1340.

Friday, Oct. 2

Teacher's Lounge Mafia Improv Comedy Show; doors open at 6:30, show starts at 7 p.m., Mountain Valley High School, Rumford. There will be raffles and a door prize. \$5/advance, \$7/door. Proceeds to benefit Sexual Assault Prevention and Response Services. FMI: 743-9777.

Oct. 3, 17 and 24

Archery 101; 9:30 to 11:30 a.m., Telstar High School Gymnasium. Join Kayla Leveille for three Saturdays in October for this introductory archery course. You will learn all about eye dominance, proper bow handling, proper stance and aiming. Closed toed shoes required. Minimum 5 students and maximum 15. We will meet out back of Telstar at the gym. Tuition: \$45.

Saturday, Oct. 10

Sound of Music Sing Along; Waterford Library. This spectacular library fundraiser will start with brats, sauerkraut and a biergarten at 5 p.m. The movie on the lawn starts at 5:30 and moviegoers are encouraged to sing right along with the movie. Get out the lederhosen or dress as your favorite character because at intermission there will be a costume contest, a Julie Andrews lookalike contest, raffles, prizes and more.

Wednesday, Oct. 14

Age-Friendly Community Project Community Gathering; 7 p.m., Bethel Alliance Church. Besides providing an opportunity for discussion, the Age-Friendly Community Project planning team will introduce a survey, to be distributed throughout the Bethel community to residents 50 and over.

Oct. 15 and 22

CPR and CPR Recertification for Healthcare Professionals; Bethel Family Health Center with instructor Jeannine Thornton. Includes: adult, child, & infant CPR, and obstructed airway. 2 year certification. For CPR Recertification, just attend Oct. 15. Limit 6. \$50 per person. FMI/Sign-up: <http://sad44.maineadulted.org/> or call 824-2136 ext. 1340.

Thursday, Oct. 15

Age-Friendly Community Project Community Gathering; 1:30 p.m., Bethel Alliance Church. Besides providing an opportunity for discussion, the Age-Friendly Community Project planning team will introduce a survey, to be distributed throughout the Bethel community to residents 50 and over.

Thursday, Oct. 22

Healthy Habits for a Healthier You; 4:30 to 6:30 p.m., West Parish Congregational Church, Bethel. Emerging evidence suggests there are steps you can take to help keep your brain healthier as you age, which might also reduce the risk of Alzheimer's disease and other dementias. FMI: Rosabelle Tift (rmtift@megalink.net or 824-2053).

Tuesday, Oct. 27

From a Village in the Congo; 4:30 to 6:30 p.m., McLaughlin Auditorium, Gould Academy. Linda Orsi Robinson, Doctors Without Borders in the Democratic Republic of the Congo hopes her book will "help raise awareness of how our actions impact the global stage." FMI: Amy Chapman (amy.w.chapman@gmail.com) or Ellen Marshal (ellensmarshal@gmail.com or 824-2643).

Wednesday, Oct. 28

Brown Bag Lunch; 12:15 to 1:30 p.m., Bethel Inn Library. "A Global Perspective," Linda Robinson. How can we improve our sensitivity toward cultures vastly different from our own? What responsible actions might be suggested? Linda's Down Home Maine presentation the previous evening will be a valuable introduction, but it is not necessary to attend both. FMI/Reservations: Nancy Davis (nancydavis.bethel@gmail.com or 381-1110).

Oct. 30 and 31

Wilderness First Aid Course; Mahoosuc Mountain Lodge. Instructor: Jon Tierney of Wilderness Medical Associates. FMI: 824-2073.

Oct. 30, 31 and Nov. 1

Wilderness First Responder Refresher/Open Recert First Aid Course; Mahoosuc Mountain Lodge. Instructor: Jon Tierney of Wilderness Medical Associates. FMI: 824-2073.

Tuesday, Nov. 10

Look Good, Feel Better; 6 to 8 p.m., Stephens Memorial Hospital, 181 Main Street, Norway. What is the latest weapon available in the fight against cancer? For women participating in the Look Good, Feel Better program, the weapon of choice is a makeup brush. The program offers support for women experiencing appearance-related side effects of cancer treatment. During each free session - facilitated by licensed cosmetologists who volunteer their time - attendees receive instruction on makeup application and skin care, as well as suggestions for wearing wigs, scarves and other items. All attendees receive a complimentary makeup kit, and participants are never asked to buy anything. Pre-registration required. FMI: PattiAnn Douglas (744-6173).

Nov. 20 and 21

Senior College Players; 7 p.m., McLaughlin Auditorium, Gould Academy. See a different side of your friends and neighbors as they perform in this popular annual event.

Sunday, Nov. 29

Music of December - A Concert Class; 3 to 4:30 p.m., West Parish Congregational Church, Bethel. A variety of religious and popular songs of the season will be discussed and performed by an ensemble of local and imported musicians, including a chorus, soloists and instrumentalists.

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REGULAR MEETINGS AND EVENTS

MUNICIPAL

Bethel Selectmen: Second Monday of the month, 7 p.m., Town Office.
Bethel Planning Board: Second and fourth Wednesdays of the month, 7 p.m., Town Office.
Bethel Water District: Third Tuesday of the month, 7 p.m., Town Office.
Gilead Selectmen: Second Wednesdays of the month, 6 p.m., Town Office
Gilead Planning Board: First Thursdays of the month, 7 p.m., Town Office.
Greenwood Selectmen: First and third Tuesdays of the month, 5 p.m., Town Office.
Hanover Selectmen: Third Tuesday of the month, 6 p.m. unless otherwise posted.
Hanover Planning Board: First Wednesday, 6 p.m.
Newry Selectmen: First and third Tuesdays of the month, 5 p.m., Town Office.
Newry Planning Board: First and third Wednesdays of the month, 7 p.m., Town Office.
Woodstock Selectmen: First and third Tuesdays, 5 p.m., Town Office.
Woodstock Planning Board: First and third Tuesdays, 7 p.m., Town Office
SAD 44 School Board: Second and/or fourth Monday of the month, 6:30 p.m., Telstar High School (occasionally meet at other schools; call 824-2185 for info or go to http://www.sad44.org/pages/MSAD_44_Bethel_School_Board/).

ORGANIZATIONS

Andover
Mondays and Tuesdays, 4:30 p.m.: Andover Fitness Club, Andover Elementary School gym.
Bethel
First Sunday of month, 7 p.m.: Bethel Snow Twisters at 208 Walkers Mills Rd.
Third Sunday of each month, 9 a.m.: Breakfast open to the public at no charge at Bethel Church of the Nazarene.
Last Wednesday of the month, 4:30 to 6 p.m.: Community Supper at Bethel Alliance Church. No charge. FMI: 207-824-2289.
Thursdays, 10 to 11 a.m.: Story Time for Children at Bethel Library (story plus craft) with participating mothers. October thru April. FMI: call 824-2520.
Second Thursday of the month, 10:30 a.m. to 12:30 p.m.; fourth Thursday, 10 a.m. to 2 p.m.: Cross Country Quilters of Pine Tree Quilt Guild of Maine meet at the Alliance Church on Route 26 in Bethel. All quilters welcome. FMI: e-mail Pat McCartney at p_quilts@yahoo.com or call 836-3575.
Woodstock
Second Saturday of month, 6 p.m.: Woodstock Historical Society meeting at the museum.
West Paris
Tuesdays 7:30 to 8:30 p.m.: West Paris Baptist Church group to foster wellness for anyone searching for faith based support. The group is intended for those facing the challenges of grief, loss, addiction, codependency, and abuse issues. Light refreshments will be provided.
Norway
Third Wednesday of the month: Women's Imaging Center, Stephens Memorial Hospital, Norway, offering professional prosthetic and bra fittings for women on For appointment call 743-5993 Ext. 6851.
Second Thursday of the month, 9:30 to 11:30 a.m.:

at the Harper Conference Center, Ripley Medical Office Building, 193 Main Street, Norway. Staying on Your Feet, a free one-time course for adults aged 60 and over. Course includes balance screening, blood pressure check, leg-strength measurement, and education on staying fit.

Fridays 9:15 a.m.: Oxford Hills Duplicate Bridge, Norway. For more information, call Les Buzzell at 783-4153 or 754-9153; or e-mail: buzz116@myfairpoint.net.

Hebron
Sundays 2:30 to 4:30 p.m.: Seasonal Public Skating, Robinson Arena, Hebron. Adults, \$3/Children 12 and under, \$2/WinterKids Passport holders, free. FMI: 966-2100.

SUPPORT SERVICES

SAFE Voices
24-hour hotline: 1-800-559-2927. Safe Voices serves all of Oxford County and provides emergency shelter, court advocacy and support groups with child care. Rumford office 369-0750; Norway office 743-5806.

AA Meetings/Addiction help
Bethel Freedom Group: Open Discussion Meeting (seasonal, Thanksgiving through April 1) Saturdays at 4:30 in the Snow Cap Inn conference room, next to the fitness room, at Sunday River Resort.

At United Methodist Church (Main Street, Bethel): Big Book Meeting Sundays at 6 p.m. 12 Step/Traditions Meeting, Tuesdays at 6 p.m. Candlelight Discussion Meeting Fridays at 6 p.m.

Cancer Wellness
Every Thursday, 1:30 to 3 p.m.: Rumford Hospital, Room 357. (877) 336-7287. Support and Education for cancer patients, survivors and caregivers. Call to confirm in stormy weather.

Exchanges/Pantries
Clothing Exchange: Bethel Park, 23 Mason Street, Bethel. Hours: Monday 1 to 4, Thursday 4 to 6, Saturday, 10 to 12. Donations of gently-used clothing only accepted during open hours. No exceptions. 824-4090. Clothing may also be dropped off at Northeast Bank on Main Street.

Bethel Food Pantry: serves residents of Albany, Andover, Bethel, East Bethel, West Bethel, Bryant Pond, Gilead, Greenwood, Hanover, Locke's Mills, Mason Township, Newry, Upton, and Woodstock. The Food Pantry is open on the second Monday of each month from noon until 8 p.m. Anyone who needs food should come during those hours, without appointment. The Food Pantry is located in the basement of the Nazarene Church, 16 Church Street in Bethel by the side entrance on Park Street.

Help for the Homeless
Rumford Group Homes, Inc.: operates three homeless shelters, a Maternity Group Home program for homeless pregnant and parenting youth ages 18-21 and Case Management services. Emergency shelter services include the South Paris Men's Shelter, the Norway Family Center for women and their children and the Rumford Family Center for homeless families. To make a referral or to request assistance, please call 743-6363 in the Norway area or 369-9439 in the Rumford area Monday through Friday from 9 a.m.-5 p.m. For more information about Rumford Group Homes, Inc., call 364-3551 or visit www.rumfordgrouphomes.org.

Lyme Disease
First Wednesday of the month, 6:30-8 p.m.: Lyme Disease Support & Education Group at Beacon House

Peer Center, 3 Canal St. Rumford. FMI: 357-1926 or 824-3076. Third Wednesday, 6:30-8 p.m. - Lyme Disease Support & Education Group at Telstar High School Library. FMI: 357-1926 or 824-3076.

Mental illness
Beacon House Social Club: 150 Congress Street, Rumford, a drop-in social club for adults suffering with mental, emotional, or physical illness, provides support, relaxation, and socialization. Monday 1 to 5 p.m.; Tuesday 9 a.m. to 2 p.m.; Wednesday 9 a.m. to 8 p.m.; Wednesday 3 to 8 p.m.; Friday 2 to 7 p.m.; Saturday 11 a.m. to 4 p.m. Oxford County Mental Health Services, support for adults and children with mental illness, same location, second floor, open Monday-Friday 8 a.m. to 4 p.m. For more information, call 364-3549 or (800) 335-9999, or in off-hours 928-3222.

Veterans' Services
Maine Veterans Home, S. Paris: Veterans' Advocate visits first and third Wednesday each month, 9-12 noon (743-6300); Rumford 9 to 12 noon second Thursday at VA Clinic at 431 Franklin St. (369-3272). Maine Veterans' Services is located at 29 Westminster St., Lewiston (783-5306). (No visits in July)

Multiple services
Community Concepts: provides Oxford County Head Start, childcare, free rides to Maine Care appointments, subsidized apartments (Bethel, Brownfield, Fryeburg, Norway, Rumford, South Paris), affordable home-ownership opportunities, homeless shelter and assistance with home heating or weatherizing. FMI: call (800) 866-5588 or visit www.community-concepts.org.

Alzheimer's Support
Caregiver Support Group: Second Tuesday of the month, 10 to 11:30 a.m., West Paris Town Office, 26 Kingsbury Street. This group is for anyone caring for a family member or friend with memory loss. New members may join at any time. Free and open to the public. FMI: SeniorsPlus (1-800-427-1241).

Alzheimer's Support Group: meets the 3rd Wednesday of every month from 6 to 7:30 p.m. at the Rumford Community Home located at 11 John F. Kennedy Lane. All are welcome. For more information call Sue Ellen Richardson, Social Service Director or Terry Drury, Residential Director at 364-7863.

Brain injury support
Brain Injury Support Group: for individuals with brain injuries and their families. West Side NeuroRehab, 618 Main St., Lewiston. First Monday of the month, 6 to 8 p.m. FMI: Deb Hammer 795-6110.

LIBRARY HOURS
Andover Library: Tuesday, Wednesday, and Saturday 1 to 4:30 pm; Thursday 1 to 4:30 & 6 to 8 p.m. Tel: 392-4841.

Bethel Library: Monday 9 to 1; Tuesday 1-5; Wednesday 1 to 8; Thursday & Friday 1 to 5 Saturday, 9 to 1. Story Hour Thursdays, 9 to 10 a.m., October to May. Tel: 824-2520.

Whitman Memorial Library, Bryant Pond: Tel: 665-2505. Tuesday and Thursday, 1 to 5 p.m.

West Paris Library, West Paris: Monday 1:30 to 6; Wednesday 1:30 to 7; Friday 1:30 to 6; Saturday 10 to 2. Patty Makley, Librarian. Tel: 674-2004

Gardner Roberts Memorial Library, Hanover: Wednesday, 9 to 3; Thursday, 5 to 8; Saturday, 9 to noon.

Calendar items
 Calendar items may be brought to the Citizen office, e-mailed to news@bethelcitizen.com or faxed 824-2426. Deadline is Monday at Noon.

CHURCH SERVICES

ALBANY

Congregational Church - Hunts Corner, 9:30 a.m. Sunday worship and Sunday School at 9 a.m.; Pastor Laird Bean. Bible Study 6:30 p.m. Thursdays at the home of Fernand Corriveau.

ANDOVER

First Congregational Church - Linda Couture, pastor. Sunday morning worship 10 to 11 a.m. followed by brunch. All welcome. FMI: 392-3761.

Calvary Bible Church - Sunday School 9:30 a.m.; Sunday Worship 10:45 a.m.; Wednesday Prayer Meeting 6:30 p.m. 1063 South Main St. 392-1121.

BETHEL

Bethel Alliance Church - 251 Walker's Mills Road, Rev. Kevin Bellinger, Senior Pastor and Nicholas Lutz, Youth Pastor; Sundays: 9 a.m. Sunday School for adults, teens and children; 10 a.m. Worship Service (Nursery care and Children's Church are available); 4:30-6 p.m. Kidz Klub (4 yrs-5th grade). Thursdays: 5-7p.m. Middle and High School Youth Group. FMI: 207-824-2289.

Bethel Church of the Nazarene - 16 Church Street, Bethel. Sunday School, 9:30 (for all ages), Pastor Peter Carter. The third Sunday of every month at 9 a.m. breakfast open to the public, no charge. Morning Worship 10:30. Wednesday evening 6 p.m. Prayer and Bible Study. FMI, transportation or prayer please contact Elaine Carter 415-9136 or Juanita Korhonen 665-2528.

Bethel Episcopal House Church - Bethel House Church meets the third Sunday of each month at 4 p.m. The location will rotate among member homes and the Intervale Meeting House, and The Rev. Nancy Moore from Christ Episcopal, Norway, leads the service and Eucharist. All are invited. FMI contact Rosemary Laban at 850-766-1241 or Christ Episcopal Church at 207-743-6782.

Roman Catholic Church of the Holy Savior, Our Lady of the Snows - 265 Walkers Mills Road (Route 26). Fr. Gregory Dube may be reached at the parish office 364-4556. Saturday Mass, 6 p.m. Announcements. FMI: 824-2933.

West Parish Congregational - Church Street. Rev. Timothy LeConey. Sundays: 10 a.m. worship and Sunday School Sept.-May. Tuesdays: 8 a.m., informal Prayer Group with coffee in the Chapel. All are welcome. First Wednesday of the month: 8 a.m., Mens' Breakfast Group. Entrance in rear of church. All events open to everyone. This is an open and affirming congregation. FMI: 824-2689.

United Methodist - 79 Main Street. Pastor Carol Stevens. Sunday worship service 9 a.m. FMI: 824-2027.

West Bethel Union - Morning worship and 9 a.m. Sunday School. FMI: 836-3533.

Pleasant Valley Bible Pastor Dave Fraher. Sunday Services: Sunday School, 9 a.m.; Worship Service, 10 a.m. Ladies Bible study Tuesday, 2:30 p.m. Midweek Bible study and prayer, Wednesday 6 p.m. Awana Club Fridays 3:30 to 5 p.m. (Cubbies ages 3/4; Sparks Grades K-2; children may take bus from school). FMI: 836-2828. Visit us on our Facebook page.

Seventh Day Adventist Fellowship: Meets at the Nazarene Church on Saturdays, on Church Street in Bethel. Sabbath School 9:30 a.m.; Worship, 11 a.m. FMI: 357-7814.

EAST STONEHAM

Oxford County United Parish Churches in Stoneham and North Waterford - Services at 10 a.m. at the North Waterford Congregational Church (UCC), located on the Five Kezars Road, off Routes 35 & 37, opposite Melby's Market. (North Waterford and East Stoneham Congregational Churches will hold their joint services in the church on Route 5 in East Stoneham during May.) Services held at North Waterford through the winter months. Choir practice 9 a.m., followed by Bible Study at 9:15 a.m.

LOCKE'S MILLS

Locke Mills Union - Pastor Sondra Withey. Sunday Morning Service and Sunday School, 9 to 10 a.m. Choir practice at the church every Friday at 6:30 p.m. Everyone is welcome. 875-3355.

NEWRY

Newry Community Church - Pastor Matthew Jones. Service at 3:30 p.m. Sundays.

NORTH WATERFORD/STONEHAM

OXFORD COUNTY UNITED PARISH (North Waterford and East Stoneham) - Summer services at 9 a.m. in the North Waterford Church on Route 35 across from Melby's Eatery. On July 20 a special-and casual-church service will be held on the Fairgrounds during the Waterford World's Fair, with shuttle service available on site. In September, services will return to the East Stoneham Church, Route 5, and the regular hour of 10. All are welcome.

NORWAY/PARIS

First Church of Christ, Scientist - Sunday service 10 a.m., Wednesday Testimony service 7:30 p.m. 5 Morrill Rd/Rt. 118 (corner to Norway Country Club), Norway. Call 207-890-9944 FMI or ride.

Trinity Lutheran Church - Route 117, South Paris. Pastor Nancy Moore. Sunday morning service 11 a.m. with coffee, refreshments and good fellowship.

North Paris Federation - Morse Hill Road, North Paris. Sunday Service 8 a.m. Singersperation third Sunday each month alternating with West Paris Baptist Church at 7 p.m. FMI: 689-8000.

Oxford Hills Friends (Quakers) - Sunday worship 9:30 a.m. at HOPE Ripley Center, High Street, South Paris across the park from the Post Office. FMI: call Ursula Brandon at 665-2880 or Sue Reilly at 966-2012.

Christ Episcopal Church - 35 Paris St., Norway. Services Sunday at 9 a.m. and Wednesday at 9 a.m. Holy Eucharist. 743-6782; e-mail christch@megalink.net.

First Baptist Church of Paris - On the Common at the top of Paris Hill. 10:30 a.m. worship service. Sunday School at 9:30 a.m. Coffee hour follows the service. Fellowship lunch held the first Sunday of each month following worship. Pastor Ron Blake. FMI 743-2491.

St. Catherine's - Saturday 4 p.m. Vigile Mass; Sunday 8:30 a.m. Mass. FMI 743-2606.

Unitarian Universalist Church of Norway - 11 a.m. worship. (Sept. - June) Child care is provided. Religious education classes 11 a.m. to 12:15 p.m. FMI 743-2828.

GORHAM, N.H.

Assembly of God - Pastor Paul Levigen. Sunday

School 9:30 a.m., Sunday service 10:30 a.m., Sunday evening service 7 p.m., Wednesday Bible Study 7 p.m. FMI: 603-466-2851.

Gorham Congregational Church - Sunday morning worship, 10 a.m. All welcome; free coffee. Communion is celebrated the first Sunday of each month. FMI: 603-466-2136.

OXFORD

St. Mary's - Saturday 4 p.m. Vigile Mass. 276 King St. Oxford.

Our Lady of Ransom: Sunday 10:30 a.m. Mass.

RUMFORD

St. Barnabas Episcopal Church - Worship Service, 9:30 a.m. Special holidays will be announced. Stone church at the rotary. 364-2193.

Roman Catholic Church of the Holy Savior, St. Athanasius and St. John - 125 Main Ave. Monday Liturgy of the word 8 a.m.; Tuesday Mass 6:30 p.m.; Wednesday Liturgy of the word 8 a.m.; Wednesday Mass 9 a.m.; Friday Mass 8 a.m.; Saturday Mass 4 p.m.; Saturday Mass 6 p.m.

Praise Assembly of God - Pastor Justin Thacker. 89 Congress St. Adult and teen Sunday school 9 a.m. Sunday worship service at 10 a.m. and 6 p.m. Wednesday night Bible study 6:45 p.m. FMI: 364-3856.

RUMFORD POINT

Rumford Point Church - Sunday service, 8:30 a.m., followed by coffee and refreshments.

SUMNER

East Sumner Congregational - Linda Kimball, pastor. Sunday service, 9 a.m. 207-388-2610.

WEST PARIS

First Universalist Church - 208 Main St., W. Paris. 9 a.m. services September to June. FMI: Bob Clifford 674-3442.

West Paris Baptist - 15 Church St. Sunday Worship: 9:45 a.m.; Sunday School - 11 a.m.; Word of Life Youth - 6 p.m. Word of Life Olympians (kids club) - 6 p.m. Wednesday. Ladies' Bible Study - Monday, 6:30 p.m. Food pantry for West Paris residents, first and third Tuesdays of month, 1-3 p.m. Pastor Scott Randolph, 376-6854.

Mission Congregational Church - Wallace Farnum, pastor. Sunday Worship 8:30 a.m.

WOODSTOCK

Bryant Pond Baptist - Pastor Matt Jones, Sundays: Sunday School 9:15 a.m.; Morning Worship 10:30 a.m.; Evening Service 6 p.m.; Mid-week Service Wednesdays, 6:30 p.m.

Woodstock Seventh day Adventist - Pastor Greg Carlson 207-527-2551, Saturday: 9:20 a.m. Sabbath school, 11 a.m. worship service.

Pinhook Meeting House (Rt. 232, North Woodstock) - Hymn Sing, last Friday of each month, 7 p.m. All welcome.

Mahoosuc Mountain Friends - a worship group meeting in the unprogrammed tradition of Friends (Quakers) - Sundays, 9:30 a.m. at the Whitman Memorial Library, Bryant Pond. Newcomers welcome. FMI: 824-8669.

Puzzles4Kids

by Helene Hovanec

RIDDLE SEARCH - THE U.S.A.

Look up, down, and diagonally, both forward and backward to find every word on the list. Circle each one as you find it. When all the words are circled, take the UNUSED letters and write them on the blanks below. Go from left to right and top to bottom to find the answer to this riddle: Which two ladies appear on a map of the U.S.A.?

- ALASKA
- ARKANSAS
- BILOXI
- CALIFORNIA
- CHICAGO
- COLORADO
- IOWA
- JACKSON
- NEBRASKA
- OHIO
- OREGON
- PHOENIX
- RALEIGH
- SAN JOSE

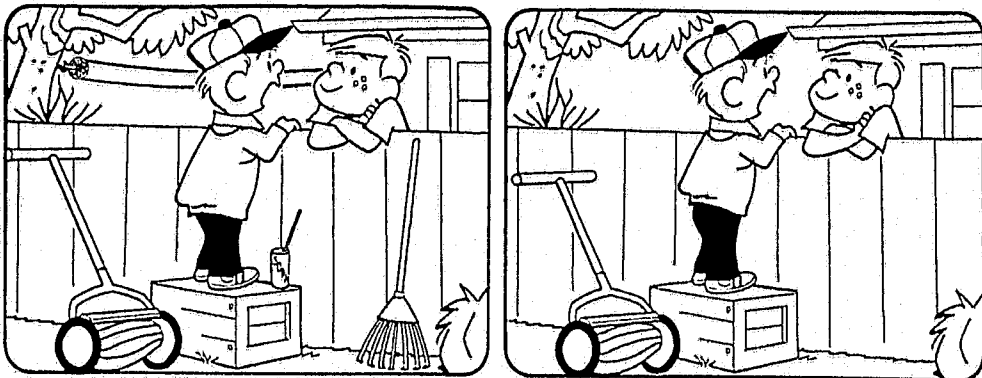
N M N E B R A S K A
O D A R O L O C I R
G I S A A S H N N K
E O U S W I R P O A
R R K I C O A H S N
O A N A F H I O K S
D M G I R I S E C A
S O L E S O J N A S
R A L E I G H I J I
C P P B I L O X I I

Riddle answer: _____

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.



- 1. Girl's hair is different.
- 2. Boy's shirt is different.
- 3. Girl's pants are different.
- 4. Boy's pants are different.
- 5. Girl's shoes are different.
- 6. Boy's shoes are different.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: U equals F

ZFB HDBTPKPCQ JUUPXBD JU

ZFB XJNNBQB'T UOSJAT

TFORBTHBODB XNAL MOT RCJMC

OT ZFB XFOPDSOC JU ZFB LODK.

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SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

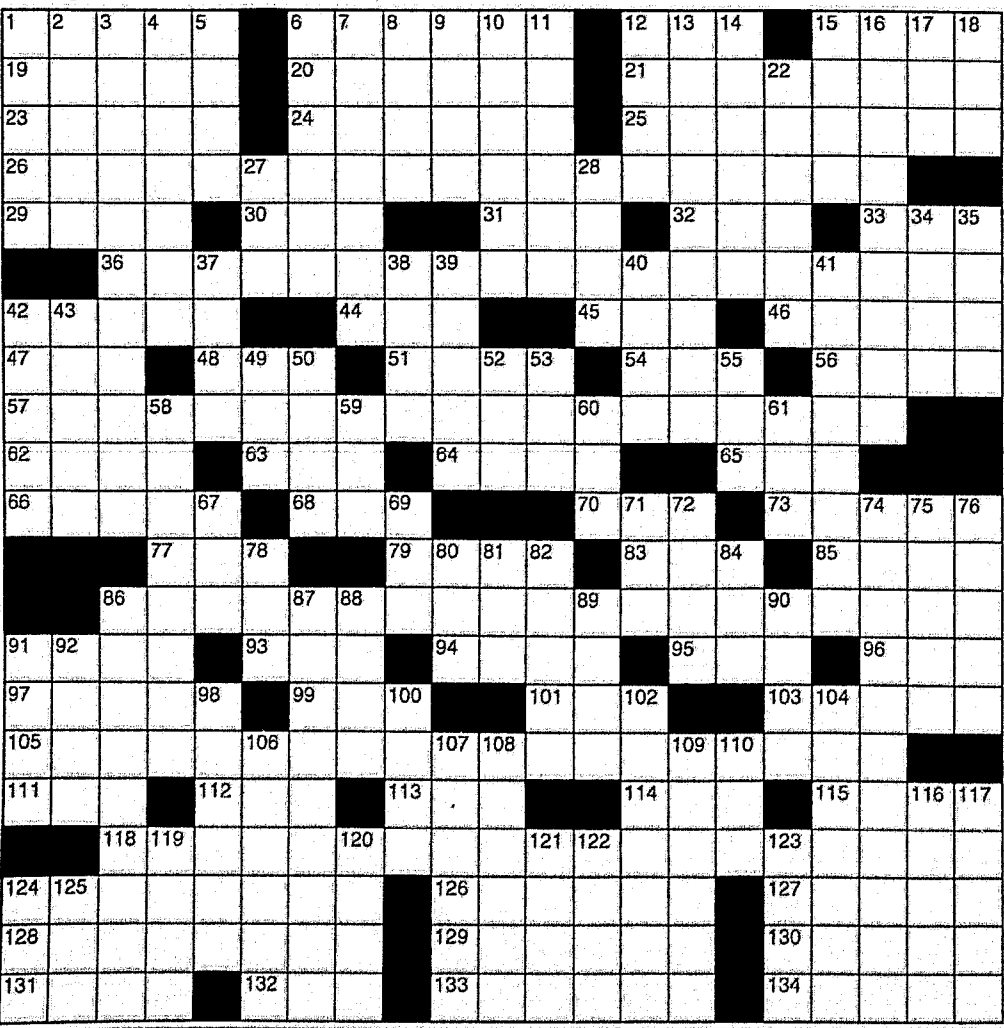
Grow
TROUPS
Ruling
DIRECTV
Bright
NONE
Gather
CURACE

TODAY'S WORD

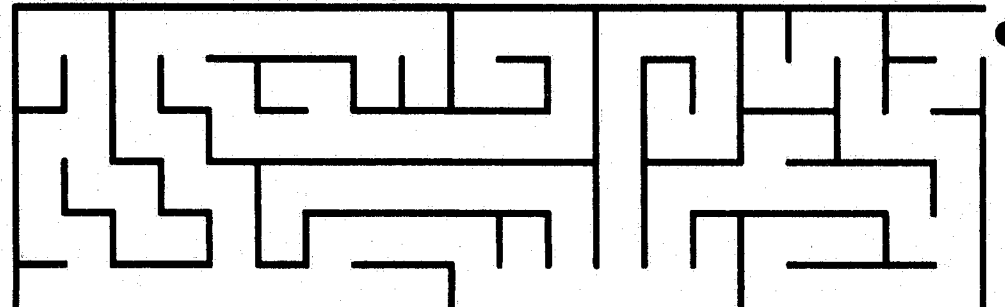
Super Crossword

DISORDERLY NEW YEAR

- ACROSS
- 1 Not five, as a TV show
- 6 Flight in a building
- 12 Nature lover's prefix
- 15 Service station fixture
- 19 Old Olds
- 20 Chicken of (tuna brand)
- 21 Digressions
- 23 "The Cosby Show" wife
- 24 Wild-animal tracking aid
- 25 Tree-planting observance
- 26 Try to find a figure of a person carved in oak?
- 29 Goad
- 30 Architect I.M.
- 31 Ending of sugar names
- 32 Key next to F1
- 33 Chou En- German computer programs?
- 42 effect on (impacts)
- 44 Divine being
- 45 Compass pt.
- 46 Singer Paula
- 47 Jurist's org.
- 48 Really bug
- 51 One fibbing
- 54 R&B producer
- 56 Ballerina's jump
- 57 Promoter of Texas' largest city was
- 62 Foot support
- 63 "That's show —!"
- 64 Butte's kin
- 65 Pl. of SSN
- 66 Not lenient
- 68 Sound of rebuke
- 70 Zsa Zsa's sister
- 73 Relievable by scratching
- 77 It's south of Can.
- 79 Eyes a bulls-eye, say
- 83 Fess (up to)
- 85 "Of — I Sing"
- 86 Hapless
- 91 Prioritize
- 93 Mauna —
- 94 Sweet-talk
- 95 Like Bashful
- 96 Writer Harper —
- 97 French ecclesiastics
- 99 Drama part
- 101 — Newton
- 103 Active types
- 105 Nonlocals visited by ghosts?
- 111 Mil. bigwig
- 112 Viral gene material
- 113 Light blow
- 114 Myrna of film
- 115 "... extra cost!"
- 118 New year of which there are five anagrams in this puzzle
- 124 More eerie
- 126 Liken
- 127 Buenos —
- 128 Promotion at the top of a Web page
- 129 Sled feature
- 130 Johnny B. — (1958 hit song)
- 131 Abbr. before "D.A."
- 132 Sullivan and O'Neill
- 133 Detects
- 134 Pitch-dark
- DOWN
- 1 RPM gauges
- 2 "To sum it —"
- 3 Option for pad thai
- 4 African republic
- 5 Tim Conway's "— on Golf"
- 6 Audio system
- 7 Deicing
- 8 Sleekly designed
- 9 "What — be done?"
- 10 Learn about via print
- 11 Most sapient
- 12 LGA
- 13 Period after Ford's presidency
- 14 Safely at first or second
- 15 Lima's locale
- 16 Not duped
- 17 NYC bus
- 18 —Ops
- 22 "You fell for it!"
- 27 Choose, with "for"
- 28 The latest
- 34 "What are you, some kind of —?"
- 35 Not in use
- 37 Army squad
- 38 By oneself
- 39 Hatred
- 40 "Not likely!"
- 41 Disapprove of
- 42 Responses to puns
- 43 End a mission early
- 49 Lowe of "Breakaway"
- 50 Purf's partner
- 52 Munched
- 53 — ipsa loquitur
- 55 Beetles and Golfs, briefly
- 58 Shriveled up
- 59 Shih —
- 60 Singer Carly — Jepsen
- 61 With 119-Down, "Absolutely not!"
- 67 Bounced check abbr.
- 69 Greek letter
- 71 Wedding part
- 72 Blows away
- 74 Egg yolks are high in it
- 75 "Napoleon Dynamite" star Jon
- 76 Positive RSVPs
- 78 ISP of note
- 80 Mag with an annual "500"
- 81 "Little Red Book" author
- 82 Work crew
- 84 Utmost
- 86 Loosens, as some shirts
- 87 Future path
- 88 Sallilo snack
- 89 Take off
- 90 Jekyll's antithesis
- 91 School cheers
- 92 All that and — of chips
- 98 Hit from a 102-Down
- 100 Ballerina's skirt
- 102 Links peg
- 104 Formal talk
- 106 Not partial
- 107 Electroshock weapons
- 108 Not transparent
- 109 Romantic hopefuls
- 110 Big Apple sch.
- 116 — remind you that "...?"
- 117 Advent
- 119 See 61-Down
- 120 Municipal laws: Abbr.
- 121 U.S. Senate alumnus
- 122 Marino and Rather
- 123 Prego rival
- 124 Fed. loan agency
- 125 Mas' mates



Kids' Maze

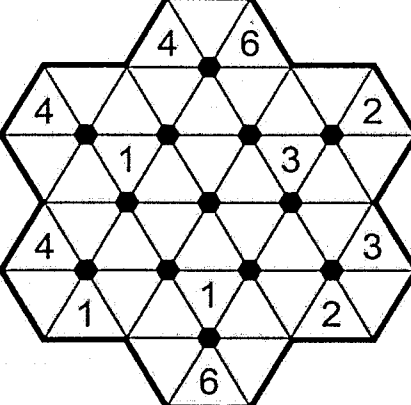


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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.

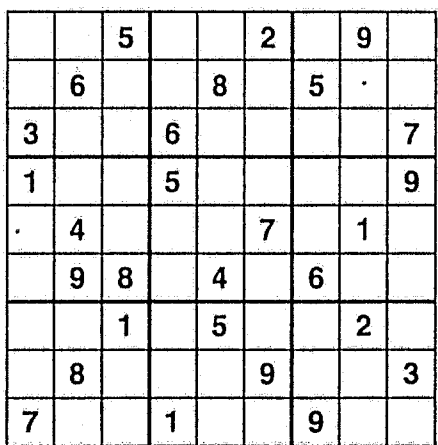


DIFFICULTY THIS WEEK: ♦♦♦♦♦
♦ Easy ♦♦ Medium ♦♦♦♦ Difficult

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★★

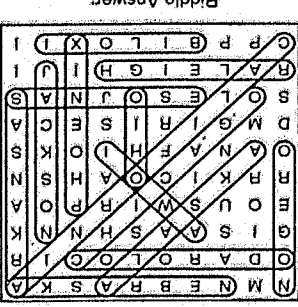
★ Moderate ★★ Challenging
★★★ HOO BOY!

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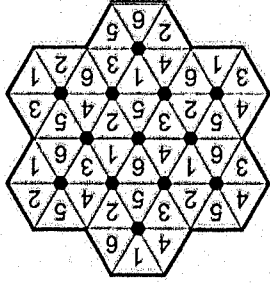


Kids' Maze Solution

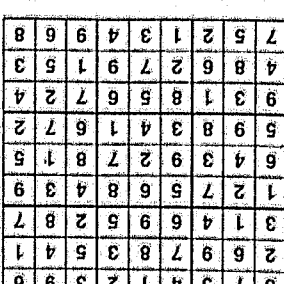
SCRAMBLERS
solution
1. Sprout; 2. Verdick; 3. Neon; 4. Accrue
Today's Word
Occupant
as the chairman of the Board.
The presiding officer of the college's famous Shakespeare club was known as the chairman of the Board.
Miss Ount and Mrs. Sippl.
Riddle Answer
Cryptquip
Answer



Puzzles4Kids



SNOWFLAKES solution



Weekly SUDOKU Answer

ANSWERS:

S
E
P

1
0

2
0
1
5

Backyard Reflections

BY SARA WRIGHT

A Gardener's Best Friend: the friendly serpent

Every spring as soon as the weather warms I put out a snake dish filled with water for the garter snakes that have been hibernating in the woodpile all winter. Some years I don't see them until they ball up together in the south window of the garage, warming themselves in the hot spring sun. Once I counted 53 snakes in that one window all wrapped around each other in such a tangle that I felt claustrophobic just looking at them!

No doubt the female's pheromones had already promoted mating which occurs twice a year both in the spring and the fall regardless of whether the garter snake

brumates or remains active all year long. Brumation is an example of dormancy in reptiles that is similar to hibernation, but differs from it by the metabolic processes involved. Snakes must wake up to drink water to survive although they can go for up to eight months without food. After spring and fall mating, the female stores the sperm until conditions are right for birth. She can store the sperm for years if necessary. Female garter snakes also give off pheromones to attract males if they are living in warmer climates and dozens of male garter snakes will come to one female, which is why homeowners sometimes think that garter snakes are talking over their neighborhood!

Garter snakes are amongst the most common snakes in North America and range

from Alaska to Florida. They come in a wide variety of colors but most have three longitudinal stripes - one in the center of the back and one in each lower side of the body. The top stripe is keeled, meaning that it has a ridge down the center. Most stripes are yellowish or greenish, but I've seen some that are almost red or brown. Some garter snakes have an intricate splotchy pattern between their stripes, making them appear checkered and some have no stripes at all. Sometimes they have forked tongues that are painted different colors! Their bellies are usually cream colored but in places like Florida the underside can be bluish.

Garter snakes are relatively small - usually about two feet long but some can grow as long as five feet. I have never seen a garter snake

longer than three feet here, and most are much smaller. As the days become warmer my snakes emerge from the garage, sliding like lightning to their hiding places under the foundation. They are temperature sensitive and need help to regulate their body temperature. Rocks or gravel provide a place to warm a snake in the sunlight and hiding places give them protection from too much heat. This is why many snakes including poisonous snakes are rarely seen until the end of the day when they appear to bask in the setting sun. On the Amazon we called late afternoon "snake time" and made certain that we were out of the bush before the sun dropped too low.

I have taught both my dogs not to bother our garter snakes as they sip the wa-

ter from the dish, or bask in the afternoon sun because they do such an excellent job of killing field mice in my garage and keeping the garage planters free of slugs. I am adamant about changing the water so it is fresh and I think the snakes appreciate this because I often meet them at their well at odd times during the day!

Like all snakes garter snakes are carnivorous. Besides mice and slugs they love leeches, lizards, salamanders, ants, crickets, toads and frogs, minnows, and rodents of various kinds. When living near water they will eat other aquatic quarry. They have been known to eat birds' eggs and this is not surprising to me because these snakes are adept at climbing when they choose to do so. They immobilize their prey with

sharp teeth and quick reflexes. The saliva of some garter snakes contains a mild neurotoxin that causes paralysis, making prey easier to swallow. Like other snakes, garter snakes swallow their prey whole. It is important to mention that these snakes are utterly harmless to humans. Many are kept as pets, a habit I abhor.

Garter snakes are active during both day and nighttime hours in warm areas. They are viviparous which means that this is one snake that gives birth to live young and some have more than 50 babies. The mother in me shudders until I remember that all newborn snakes are on their own from birth!

I was surprised to learn that garter snakes are found in such a wide variety of

See Reflections, Page 16

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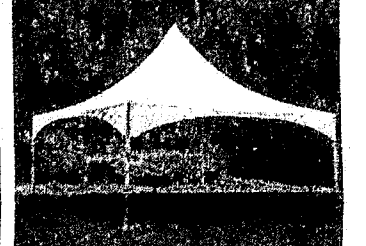
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Town of Bethel Part-Time Per Diem EMS personnel

The Bethel Ambulance Service is accepting applications for Per-Diem Paramedics, AEMTs and EMTs for 12 hour shifts. The positions include both emergency and non-emergency EMS responsibilities, as well as potential participation in local life safety education and other community outreach programs. The Bethel Ambulance Service provides EMS coverage to the Town of Bethel and several surrounding areas in western Maine.

• Per-Diem day shifts run from 6am to 6pm.

• Compensated on-call night shifts run from 6pm to 6am.

Interested applicants must hold a valid EMS license of EMT or higher. We are currently looking to fill both EMT and Paramedic slots. Applicants must also hold a valid driver's license and have a high school diploma or equivalent.

Interested applicants can submit applications or resumes by September 18, at 5pm, to the Bethel Ambulance Service, PO Box 1660, Bethel, ME 04217, or contact Chief David Hanscom via cell phone at 207-381-7452 or via email at hanscomd@megalink.net

The Town of Bethel is an equal opportunity employer.

M.S.A.D. #44

Bid Solicitation Sale of a Type-D Vehicle

Vehicle for sale: 2002, Type-D Vehicle
Blue Bird, Diesel
Miles, 102,041

Deadline for Bids: Friday, September 18, 2015, at 3:00pm

Public Opening: Friday, September 18, 2015, 3:15pm
M.S.A.D. #44 Superintendent's office.

Bids Mailed to: M.S.A.D. #44
1 Parkway Suite 204
Bethel, Maine 04217
(Envelope must be marked "Mechanic Contact Bus Unit" attention Ronnie Deegan)

Above vehicle will be sold "As Is". Award of bid will be made by the M.S.A.D. #44 Superintendent of Schools. The successful bidder will have seven (7) business days to pay the amount bid by certified check or money order and to remove the vehicle. The vehicle may be inspected during the hours of 7:00am and 3:00pm at the M.S.A.D. #44 Bus Garage, 197 Main Street, Bethel ME, 04217

M.S.A.D. #44 makes no warranties or guarantees concerning the condition of this vehicle or the suitability for transport or other purposes.

M.S.A.D. #44 reserves the right to reject any or all bids.

M.S.A.D. #44

Bid Solicitation Sale of Nautilus Athletic Equipment

M.S.A.D. #44 is currently looking at disposing of several pieces of Nautilus Athletic Equipment.

Deadline for Bids: Friday, September 18, 2015, at 3:00pm

Public Opening: Friday, September 18, 2015, 3:15pm
M.S.A.D. #44 Superintendent's office.

Bids Mailed to: M.S.A.D. #44
1 Parkway Suite 204
Bethel, Maine 04217
(Envelope must be marked "Mechanic Contact Bus Unit" attention Ronnie Deegan)

Nautilus Athletic Equipment will be sold "As Is". Award of bid will be made by the M.S.A.D. #44 Superintendent of Schools. The successful bidder will have seven (7) business days to pay the amount bid by certified check or money order and to remove the equipment. The equipment may be inspected during the hours of 7:00am and 3:00pm at 284 Walkers Mills Road, Bethel ME, 04217. Arrangements can be made to view the equipment by calling 824-2471 and asking for Ronnie Deegan.

M.S.A.D. #44 makes no warranties or guarantees concerning the condition of this equipment or the suitability for use.

M.S.A.D. #44 reserves the right to reject any or all bids.

Community Concepts

Children's Services department has the following
openings at our Early Learning Centers (ELC)

Teacher 2 - Rowe ELC, Norway,
40 hours/week, 38-40 weeks/year

Site Manager - Oxford/Rowe ELC,
40 hours/week, 38-40 weeks

Home Visitor - West Bethel ELC,
40 hours/week, 52 weeks/year

Nutrition Program Specialist-South Paris,
38-40 hours/week, 52 weeks/year

All positions require excellent verbal and written communication skills; considerable stamina to regularly lift, bend, carry and perform other high-energy activities; a valid driver's license; telephone; computer/word-processing skills; preferably Microsoft Office; ability to function autonomously and as part of a team. Pre-employment physical and TB screening, SBI, DMV, DHHS and federal debarment background checks must be completed upon offer of hire and as a condition of employment.

Benefits: Community Concepts offers a comprehensive benefits package including health, dental, life, short-term disability, hospital indemnity, accident and critical illness coverage, paid sick and vacation time, 12 paid holidays per year, 403(b) pension plan with agency match, and more.

Visit our website at www.community-concepts.org for qualifications, requirements and instructions to apply on-line.

To Apply by Mail or Email, Send Cover Letter & Resume to:

Community Concepts, Inc.
Attn: Barb Bishop, Human Resources
240 Bates Street
Lewiston, Maine 04240
bbishop@community-concepts.org

Community Concepts, Inc. is an Equal Opportunity Employer. Qualified applicants shall receive consideration for employment without regard to race, color, religion, creed, sex, national origin, ancestry, age, physical or mental disability or sexual orientation. Please request any necessary accommodations to participate in the application process.

For Sale

ALUMINUM EXTENSION LADDER: 24-foot total length. 12-foot sections, round rungs. Older Sears Roebuck and Co. Very good condition. \$135. 392-1004.

ANTIQUE Oak Dining Room Table with two

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Call us at
1-800-9BC-NEWS
The Bethel Citizen

FOR SALE: 2 HUTCHES, 1 pine, \$75. 1 Moosehead, \$150, cost \$1,000 when purchased new. Call 824-3451.

Help Wanted

Flik Independent Schools Dining at Gould Academy

is taking applications for part-time

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All applicants must be able to work days, nights and weekends.
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Please contact Brian at
1-207-824-2790

**CLASSIFIED
AD DEADLINE:
MONDAY AT
4PM**

Help Wanted

CROSS ROADS DINER is hiring all positions. Operations Assistant needed as well. Come in and fill out an application. 24 Mayville Road, next door to Rite Aid in Bethel. 207-824-3673



Bethel Dunkin Donuts is now accepting applications for Part-time/Full-time positions. Health and Dental benefits available for full-time employees. Please apply within or call Audrey at 783-0408

Services

BENNETT'S UPHOLSTERY - Home and office furniture, antique and modern. Call for free estimates, quality workmanship at very reasonable prices. 824-2336

Wanted

Antiques/collectibles: Estate/one item. FREE estimates. Call Mike or Louanne RUMFORD CENTER ANTIQUES, INN AND AUCTIONS. 1384 RT. 2 Rumford Center, (207) 364-8607, or thibbs53@gmail.com

Need extra cash?

Sell your unwanted items in the Bethel Citizen Classifieds!

Business Space

152 SQ FT OFFICE SPACE in Main Street Professional Building. Share landscaped grounds, sign kiosk and paved parking lot. \$275/month incl. heat and electricity. Call Scott at 653-9297.

For Rent

3 BEDROOM, 2 BATH HOME. Jacuzzi tub, outdoor hot tub, fully furnished for the winter season, November through April. Sleeps 7. Great location, just 7 miles from Bethel and Sunday River. Call 207-557-2845.

For Rent

AVAILABLE NOW: BETHEL VILLAGE: Cozy 3-bedroom ski house. Professional persons/family up to 4. Fully furnished, great location on Mountain Explorer route. 207-824-2340 (seasonal or monthly)

BRYANT POND: 2 bedroom apartment, 2nd Floor, coin laundry, \$650/month includes heat, hot water, trash & snow removal; no smoking & no pets, 207-665-2265.

Bryant Pond: Nice spacious 1 bedroom apartment, furnished or unfurnished, coin laundry, no pets, no smoking, \$600/month includes utilities & trash removal 665-2265.

Bryant Pond: Spacious 3 bedroom apartment, hardwood & vinyl floors, dishwasher, porch, no pets, non-smoking building, \$850/month includes heat, hot water, trash, snow removal. 665-2265

FOR RENT: Furnished, heated 1 bedroom apartment in Hanover. 5 minutes from Sunday River Ski Resort. No smoking, no pets. 824-3342.

FOR RENT: MOBILE HOME located in West Paris. \$650/month, includes utilities. Available November 1 to May 1. Call 461-2722.

MASON ST., BETHEL, MAINE: 1, 2 & 3 BEDROOM FURNISHED APARTMENTS. AVAILABLE IMMEDIATELY. INCLUDES PARKING, TRASH, AND HEAT. RATE DEPENDS ON LENGTH OF LEASE. STORAGE RENTAL ALSO AVAILABLE. CALL PAT: 207-824-8060

RUSTIC ONE BEDROOM LOG CABIN IN HANOVER. Kitchen dining area, living room, bath, and screened porch overlooking stream / small pond. New range and fridge. \$575/month plus utilities. 1 yr lease, security deposit required. No dogs please. 503-831-1571

SEASONAL RENTALS: 1 bedroom park model home with loft, fully furnished for the winter season, November through April. Great location, just 7 miles from Bethel and Sunday River. Call 207-557-2845.

SKI HOUSE: SEASONAL. Near slopes, but very private. Flexible dates, reasonably priced. 836-2422.

YEAR ROUND RENTAL: 1 bedroom park model home, furnished or unfurnished. Great location, just 7 miles from Bethel and Sunday River. Call 207-557-2845.

Real Estate

BRYANT POND, MAIN STREET: 3-4 bedroom, 8 room farmhouse, barn, workshop, large yard, excellent condition, \$159,000. 836-2422.

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Field Service Representative

Sun Journal

The Circulation department has an opening for a full time Field Service Representative. This position involves assisting with the delivery of our publication to our home delivery subscribers. Hours range from 2 a.m. to 9 a.m. and will include weekends and holidays with two days off.

The ideal candidate should be a responsible, reliable and conscientious individual. Must be at least 21 years of age, have had a driver's license for a minimum of one year, a clean driving record and able to work as part of a team. Candidate should have reliable transportation (although company vehicles are provided), ability to climb stairs and knowledge of Lewiston/Auburn and surrounding towns.

We offer: Steady year-round employment and monthly performance bonuses.

Applications are being accepted Monday through Friday 8:00 a.m. to 4:30 p.m. in Customer Service or send resume to the address listed below.



Sun Journal
104 Park Street, Lewiston, ME 04240
Or email: humanresources@sunjournal.com
Sun Journal is a division of the Sun Media Group

Bundle Delivery Drivers

Sun Journal

The Transportation department is seeking two dependable part time bundle delivery drivers. One person is needed to work weekends, while the other position Wednesday through Sunday. Flexibility is certainly a plus. These positions involve delivering our publications in company vehicles, normally between 11 p.m. and 7 a.m.

The ideal candidates should live in Lewiston, Auburn or a neighboring town. Should be a responsible, reliable and conscientious individual, able to lift and load up to 35 lb bundles repetitively. Must be at least 21 years of age, have had a driver's license for a minimum of one year, a clean driving record and able to work as part of a team.

We Offer: Benefit package included and quarterly performance and safety bonuses available. Effective starting pay \$9.00 per hour Monday through Saturday and \$10.00 per hour on Sunday.

Applications are being accepted Monday through Friday 8:00 a.m. to 4:30 p.m. in Customer Service or send resume to the address listed below. **No phone calls please.**



Sun Journal
104 Park Street
Lewiston, ME 04240
Email: humanresources@sunjournal.com
Sun Journal is a division of the Sun Media Group

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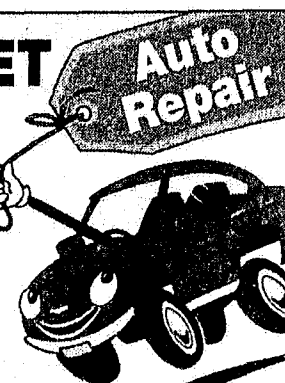
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Mahoosuc Kids Association

Fall 2015

Immediate Opening

Mahoosuc Kids Association enrichment program at Crescent Park School has an immediate opening for a Program Coordinator. The Program Coordinator will have key responsibilities for program oversight, overall scheduling, planning, and compliance to policies and procedures of the Mahoosuc Kids Association.

Anticipated Opening: Program Coordinator at Telstar High School.

Qualified applicants must have age appropriate education and experience. Bachelor's Degree is preferred and CPR/First Aid is required.

Anticipated Openings:

Mahoosuc Kids Association enrichment program at the Crescent Park site has anticipated openings for program assistants.

Applicants must have age appropriate education and experience.

Please forward resume by September 25, 2015

MKA Director

19 Crescent Lane
Bethel, ME 04217
MKA@msad44.org

EOE

Pine Tree Paving LLC



Reggie

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South Paris, Maine



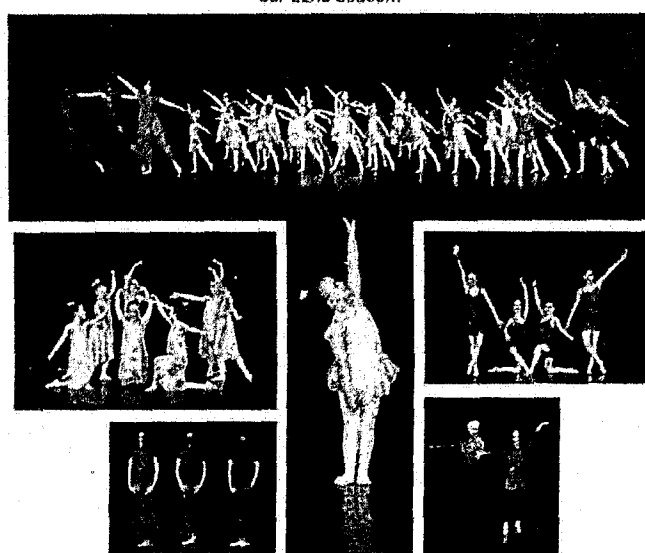
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ADOPT companionship.

PET OF THE WEEK:

Meet Paula

Paula is not only nice to be with, she is beautiful to look at. Her jet black coat shines in the sunlight when she is walking on leash. She sits with her head held high.

This flat-coat retriever is a young dog that is eager to learn. Her handlers at the shelter are working with her on her basic commands and find that she is a motivated learner. She has a lot of energy and enjoys running in the play yard.

Paula loves to meet new people and her caregivers at Responsible Pet Care know she will meet her new person very soon.

Responsible Pet Care of Oxford Hills is a no-kill, non-profit shelter and adoption center for cats and dogs; and the holding area for stray dogs for 12 towns in Oxford County. Anyone interested in adopting a pet from RPC can visit the shelter at 9 Swallow Road in South Paris Tues, Wed, Thurs: 12-4 pm; Fri: 12-6pm; Sat & Sun: 12-5pm. Most of the adoptable pets and the adoption application can be found online on the shelter's website at www.rpc.petfinder.com. For answers to questions about adopting or fostering a pet, or to make an inquiry about a lost animal, call Responsible Pet Care after noon at 743-8679.

Pet of the Week is Proudly Sponsored By

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PUBLIC HEARING

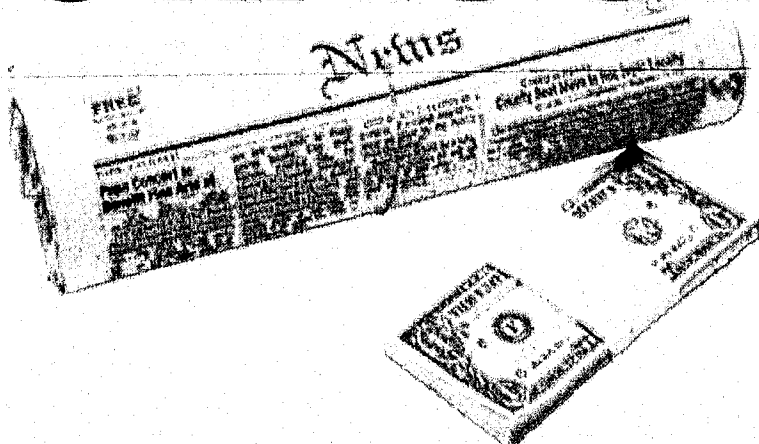
Pursuant to Title 28 MRSA 252 -- a notice is hereby given that a Public Hearing will be held on September 14, 2015 at the Bethel Town Office to consider a Liquor License renewal from The Victoria Inn, located at 32 Main St., and a Liquor License and Entertainment Permit for Roosters Roadhouse located at 159 Mayville Rd. Public comment will be heard at that time. Prior to the hearing date written comment may be issued to the Bethel Town Office or email at jaford@bethelmaine.org
Christen Mason
Town Clerk

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Obituaries



MOSES RICHMOND DAVIS JR.

Moses Richmond Davis Jr. ("Skip"), 85, of Hanover died quietly at home early Sunday morning, Sept. 6 with family at his side ... the son of Moses and Winona Fuller Davis formerly of Bethel.

Skip was a highly tal-

ented carpenter and brick mason - yet a very humble man. He built many fine homes for people in this area. He and his wife also helped to build Kingdom Halls throughout Maine and the Soldotna K-Hall in Alaska.

Being a child of the Depression he began life in a tar-paper shack on Swans Hill - Farwell Mountain, Bethel. Skip had many stories on how they survived the TUFF times. Skip claimed many of his relatives pre-naturally. He greatly looks forward to meeting them in the future resurrection on earth.

Skip enjoyed reading and studying the Bible and preaching about God's Kingdom and teaching people Bible truth. He had confidence that the earth will be made into a paradise and then he will enjoy perfect health.

Skip and his wife Cherie enjoyed their 14 roadtrips to Alaska, making new friends and visiting family along the way. It was an opportunity to marvel at Jehovah's creations. As a couple they migrated with the birds, ducks, geese, swans and cranes ... won-

derful experiences!

Moses/Skip is survived by his wife of 34 years - Cherie, his son Jeff Davis; grandchildren Kasey and her husband Dr. Curt Senita of Erie, Pa.; son Dale Davis and wife Kathy of Salem, Ore. and daughter Sharon and her husband Jim Olsen and daughters Stephanie and Kimberly of Oregon. Also stepsons Frank Carr and wife Tessa and daughters Hannah and Jordan; and Alex Carr and wife Alison and Char-

lie Carr and wife Angela of Pennsylvania.

Skip loved the outdoors and took his family on many hiking, fishing and camping trips. He maintained a unique sense of humor even through his sickness. He was an excellent storyteller with an abundance of interesting tales to tell. He will be deeply missed.

There will be a public visitation on Sunday, Sept. 13 from 3-5 p.m. at Chandler Greenleaf Funeral Home.

Singers needed for Lake Region Community Chorus

If you like to sing and are free on Monday evenings the members of the Lake Region Community Chorus would love to have you join us. We are a fairly young choral organization and are looking forward to starting our sixth session of rehearsing and performing. Our first rehearsal for the Winter Session are in the Twitchell Chapel at the Bridgton Academy in North Bridgton. We thank the Bridgton Academy for their on-going help and support!

We welcome Altos, Tenors and Basses but we especially need Sopranos to balance out our sound. Auditions are not required. Our programs are made up of a variety of pieces from many musical genres and styles. There is something for everyone and we want to make sure our singers and audiences have a very enjoyable time at our rehearsals and performances.

There is a two week trial period if needed. Our concerts are scheduled for Friday, Dec. 4, 2015 at 7 p.m. and Sunday, Dec. 6 at 3 p.m. Contact Cindi Hooper for more information at imkeepers@noblehousebb.com or 207-647-3733. We are a 501(c)(3) non-profit organization.

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to September 11, 2014

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Reflections

Continued from page 13

habitats that included so much water like swamps, marshes and creeks, as well as meadows, marshes, woodlands and hillsides. And yet the garter snakes around here also tend to congregate around moist grassy environments around the house and are often found near water sources (I have five water dishes placed at strategic places in my gardens). I have lost count of the times I have seen garter snakes slip into view from under my very wild flowers to take a drink from the dishes or the very small cattail filled 'pond' that I dug into the ground at the very edge of my garden. This little oasis is filled with wood frog tadpoles but these snakes don't seem to bother them; perhaps they are hunting chipmunks instead under the masses of foliage. Some garter snakes prefer drier areas but others become adept at swimming through the water. This snake is certainly adaptable!

When threatened garter snakes give off a bad smelling musk and they need this defense because garter snakes have many predators including hawks and falcons, crows, bullfrogs, snapping turtles, foxes, squirrels and raccoons. When cold - climate snakes hibernate in dens or woodpiles and they do so in large numbers. According to the Virtual Nature Trail one den in Canada had 8000 snakes in it. Apparently garter snakes will travel great distances to reach a communal den for hibernation.

One spring on Southport Island (where I used to live) I discovered about three hundred small garter snakes emerging from a den under the broken surface of an unused road. I was mesmerized and sat down there on the broken concrete in the sun to watch this incredible phenomenon as it occurred. This is the only time I have ever witnessed such an event.

Unfortunately, many snakes are greatly feared by people. I remember as a child being frightened of copperheads and black backed rattlesnakes which lived in our area, but they were poisonous. I did like the feel of the non-poisonous snake's incredibly soft velvet-like skin on my hands. I looked for small snakes that hid under stones and often my little brother and I would overwinter one of these ring necked snakes in my mother's large table sized terrarium, releasing them in the spring when they awakened from their winter sleep.

The serpent, or snake (the two words are interchangeable), is one of the oldest and most widespread animals in mythology and is associated with some of the oldest rituals known to humankind. Serpents carry a transformative significance. The qualities of renewal and immortality, the immense power of nature (something that humans have no control over), are attributes belonging to the snake. Serpents are also often linked to protection and guardianship in many cultures.

Some myths link the snake with poison and medicine. The famous symbol of the Caduceus composed of twin snakes entwined around a staff with the wings of Hermes in the background is a symbol of modern day medicine. Many stories of the serpent are linked to the Light of the Milky Way as I discovered in Peru where Indigenous peoples believe that a giant snake named Sachamama brought the people to earth from the stars. The Greek symbol of the "Ouroboros" is a serpent that forms a circle with its tail in its mouth. The circle reminds us of the holistic cosmic cycles of the universe that lead to infinity and the interconnectedness of all things. These cosmic serpent stories are found in all cultures throughout the world. Jeremy Narby studied the relationship of the serpent to plants, animals, humans, physics and biology through the teachings of the Indians of the Ecuadorian Rain Forest. He is not alone in linking the significance of the serpent to DNA and the origins of life. Recently snake-like tropical vertebrate fossils from the Amazon rainforests have been unearthed; some of these run up to 43 feet in length!

According to some sources a fear of snakes is the most common human phobia, and people often kill these harmless beneficial animals out of an irrational fear. Most snakes do humans a great service by eating rodents and the like. Gardeners especially have reason to be thankful for these sinuous reptiles that slither through our gardens snapping up insects, voles, or mice along the way.

Maxie

India Baker
KPA-CTP

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Awana

AWANA Kick Off
Sunday, September 20th
at 6:00 p.m.

Doug Twitchell from South Paris will be there with his amazing puppet ministry...Join us to find out what Awana is all about.... all current Awana clubbers and parents are encouraged to attend and bring a friend!

AWANA Club begins on Friday, September 25th, 3:30 - 5:00

...children can take the bus from school ...ages 3 years old through 8th grade... Pleasant Valley Bible Church, 407 Flat Rd West Bethel FMI call 824-2037

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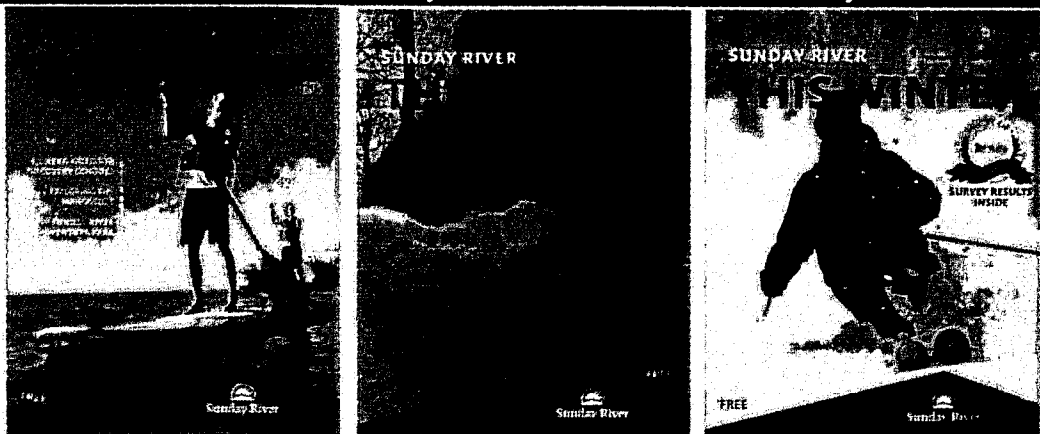
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January 21	Children's Fest/Go50 Week	February 4
June 10	Summer Issue	June 23

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